

# SCHOLASTIC COACH



“It was touch and go for awhile . . .  
but teamwork saw us home safely”



England

Dear Coach:

Thanks for your last letter and the one from Ted. I just got back from our 21st bombing mission. It was one of the hottest we've been on so far. After we had dropped our eggs on a Jerry rail center about 15 ME-109's lit into us. It was touch and go for a while, but teamwork saw us home safely. All but one of our fellows were lettermen in school, so I guess that's

**SPORTS . . . the foundation  
of a healthy Postwar America**

The teamwork, initiative and competitive spirit developed in so many of our boys by sports participation, already has given us a fighting edge over the enemy.

America must not forget this lesson. Training our youth still at home, for the battles of life ahead requires continued sports programs, and increased recognition for them in postwar plans.

Every coach in the country deserves the fullest

support, that a new generation may, in its turn, contribute to a stronger and healthier America.

\* \* \*

Gold Medal Sports Nets have gone to war. However, your present equipment, given careful attention, should serve you until we again can make your favorite sports nets.

796.05

Sch 69

v. 19-15

**The AMERICAN NET and TWINE Division  
of**

**The Linen Thread Co., Inc., 60 East 42nd Street, New York 17, N. Y.**

Baltimore 3, Md. Boston 10, Mass. Chicago 10, Ill. San Francisco 5, Cal. Philadelphia 6, Pa. Gloucester, Mass.

485971

# SPALDING CLEARS THE BASES WITH "HERE'S BABE RUTH!"

**Fast-Moving New Sports Radio Show Backed  
By Strong Newspaper and Magazine Campaign**

Spalding's fast-paced sports radio show is being plugged in leading newspapers in key cities, coast-to-coast . . . in September issues of BOYS' LIFE, OPEN ROAD FOR BOYS and SCHOLASTIC MAGAZINES. On the air, "HERE'S BABE RUTH!" presents frequent appearances of famous sports personalities as the Babe's guests . . . offers prizes for best sports questions sent in each week by Spalding radio show listeners. Top all this with the Babe himself — and you've got a thrilling sports show that's bound to promote clean sports and fair play.

A. G. SPALDING & BROS. • Division of Spalding Sales Corporation



**FREE!**

SPALDING SPORTS SHOW BOOK and MEMBERSHIP CERTIFICATE IN BABE RUTH'S OWN BASEBALL CLUB. Both given free to all kids who write in to the Babe, or from Spalding Dealers.

**ON THE AIR**



**"Here's Babe Ruth!"**

**Every Saturday Morning**

**NBC COAST-TO-COAST**

**138 STATIONS**

**Presented by**

**SPALDING**

SPALDING SETS THE



PACE IN SPORTS

# BROOKS

MANUFACTURERS OF THE

Our Basketball Shoes, with their rugged scientific construction make them ideal foot health shoes for a great variety of sport.

We are making these popular shoes for Physical Training in the Armed Forces. We are also taking care of limited demands from our dealers on the Home Front.

Please anticipate your requirements far in advance to allow us adequate time to serve you.  
Place your orders thru our dealers NOW!

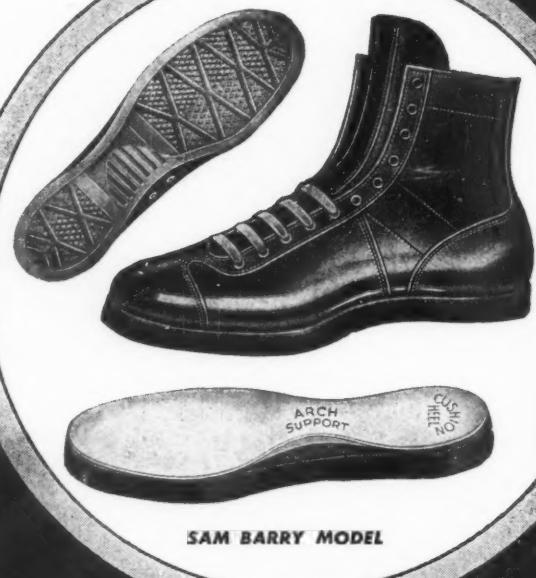
## OTHER FAMOUS BROOKS SHOES

FOR  
BASEBALL  
SOFTBALL  
FOOTBALL  
BOWLING

PHYSICAL TRAINING  
BOXING - WRESTLING  
TRACK SOCCER  
LACROSSE

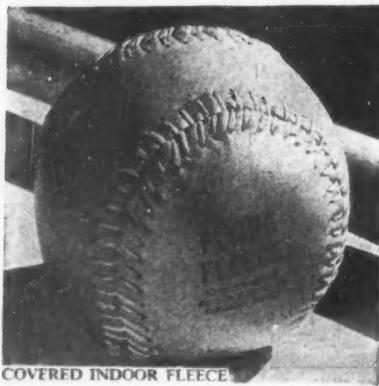
## BROOKS SHOE MFG. CO.

58TH AND MARKET STS. PHILADELPHIA PA.



SAM BARRY MODEL

## FLYING FLEECE OPENS UP NEW FIELDS OF PLAY



COVERED INDOOR FLEECE

**FLYING FLEECE** is a contribution to fundamental sports equipment. Games of all kinds are playable at short range with these virgin wool yarn balls. *Open FLEECE* is made in badminton size and two sizes for general play. *Covered indoor FLEECE* in a standard 12-inch cover is a real soft ball with plenty of *feel, flight and life*. Complete kit of all four sizes, \$3.75. Oregon Worsted Company, 8304 Southeast McLoughlin Boulevard, Portland 2, Oregon.



BADMINTON FLEECE

# SCHOLASTIC COACH

Reg. U. S. Pat. Off.

IN THIS ISSUE VOL. 14, NO. 1

|  |    |
|--|----|
| HERE BELOW .....                         | 7  |
| THE NOTRE DAME T.....                    | 9  |
| By Ed McKeever                           |    |
| SEQUENCE FOR THE TRIPLE SPINNER.....     | 18 |
| By Bruce M. Fisher                       |    |
| ARE YOU READY FOR RIFLERY?.....          | 22 |
| By C. B. Lister                          |    |
| STATE BASKETBALL REGULATIONS.....        | 24 |
| By Charles W. Juergensmeyer              |    |
| A HIGH SCHOOL TESTING PROGRAM.....       | 30 |
| By W. J. Huffman and R. H. Johnson       |    |
| COACHES' CORNER .....                    | 38 |
| NEW BOOKS ON THE SPORTSHELF.....         | 40 |
| HIGH SCHOOL FOOTBALL RULES CHANGES... 42 |    |
| By H. V. Porter                          |    |
| COACHING IS A SCIENCE.....               | 46 |
| By Cpl. John Kraft, Jr.                  |    |
| POSITION PLAY IN SOCCER.....             | 48 |
| By Patrick Murphy                        |    |

Editor: OWEN REED

Assistant Editor: H. L. MASIN

SCHOLASTIC COACH is issued monthly ten times during the academic year (September through June) by Scholastic Corporation, M. R. Robinson, president. Publishers of *Scholastic*, the American High School Weekly; issued in two editions, one for students and one for teachers.

Address all editorial and advertising communications, and all correspondence concerning subscriptions and circulation to SCHOLASTIC COACH, 220 East 42nd Street, New York 17, N. Y.

G. Herbert McCracken, publisher.

Subscription for the United States and Canada, \$1.50 a year. Foreign \$2. Back issues: 25 cents, current volume; 50 cents, previous volumes.

The entire contents of SCHOLASTIC COACH copyrighted, 1944, by Scholastic Corporation.

EDITORIAL ADVISORY BOARD — H. V. PORTER, Secretary-Treasurer, National Federation of State High School Athletic Associations; ETHEL PERRIN, Vice-chairman of the Executive Committee, Women's Division National Amateur Athletic Federation; FLOYD A. ROWE, Directing Supervisor of Physical Welfare, Cleveland Public Schools; WILBUR DALZELL, Director of Athletics, Dubuque, Iowa, Senior High School; DANIEL CHASE, Sportsmanship Brotherhood; ROBERT H. HAGER, Supervisor of Physical Education, Tacoma, Wash., Public Schools; JAMES E. MANSFIELD, Athletic Director, Haverhill, Mass., High School; JAMES EDWARD ROGERS, Secretary National Physical Education Service of the National Recreation Association, and of the Department of School Health and Physical Education of the National Education Association; C. W. WHITTEN, Advisory Secretary, Illinois High School Association; E. R. STEVENS, President National Federation of State High School Athletic Associations; R. W. TRUSCOTT, Commissioner, Colorado High School Athletic Conference; W. H. YARDBROUGH, Principal Peabody Demonstration School, Nashville, Tenn.

SCHOLASTIC COACH is a member of the Controlled Circulation Audit, a bureau for examining and auditing circulation figures for the protection of advertisers.

CCA statements of SCHOLASTIC COACH circulation supplied on request. Through this service SCHOLASTIC COACH advertisers receive incontrovertible evidence of the circulation they are paying for.

447

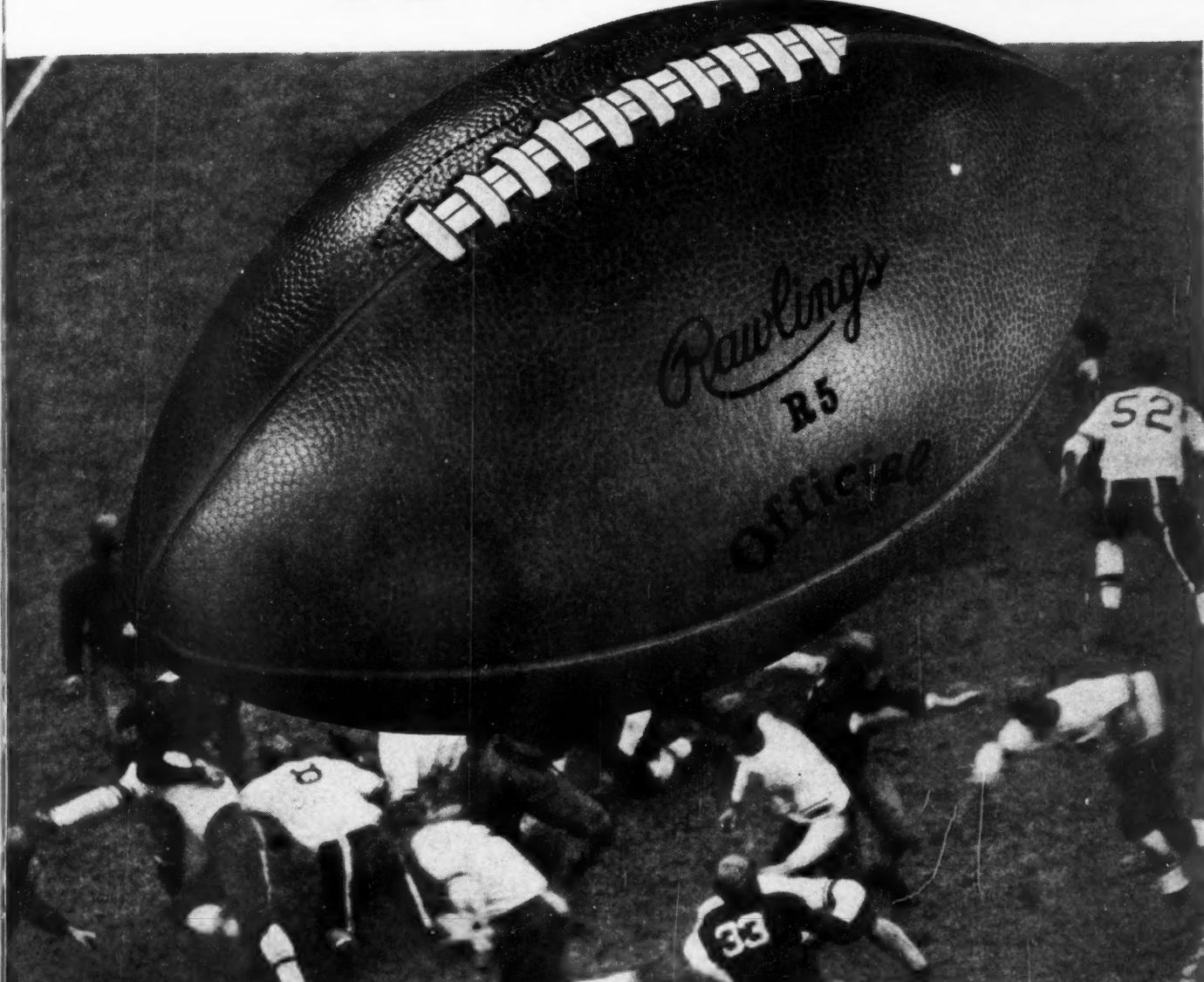
I  
C  
H

NO. 1

7  
9  
18  
22  
24  
30  
38  
40  
S... 42  
46  
48

# At the kickoff...

## IT'S THE R5



**"No-Slip" Grip**  
**Accuracy In Flight**  
**Distance On Kicks**

**Perfect Balance**  
**Uniform Size And Shape**  
**Top Performance**



**Rawlings** MANUFACTURING CO.  
 ST. LOUIS • MISSOURI

# NATIONAL



The making of mats is essentially a hand job requiring a high degree of individual skill. Therefore experience is an important factor in producing high-grade work. Having made mats for many years our mat makers have developed skill and precision as a daily habit. It is your assurance of a quality product.



# GYM MATS

**DESIGNED BY EXPERTS  
BUILT BY EXPERTS**

NATIONAL gym mats are very widely used in high schools, colleges and universities throughout the country. Only Genuine "JIM-FLEX" LAYER FELT is used in their construction. Guaranteed 100% safe and free from broken steel punching needles common in ordinary process felts. Layer Felt won't bunch or buckle.

JIM-FLEX mats are built up square, sewed and tufted every 6" with extra strong, waxed tufting twine. Handles are especially well constructed, doubled and reinforced, and lie close to the mat.

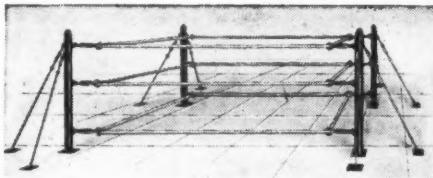
For many years we have furnished countless numbers of mats and are able, through this experience to guarantee absolute satisfaction. Special manufacturing devices originated by us, and large production, enable us to make attractive prices.



**JOHN J. WALSH**

Famous boxing instructor at the University of Wisconsin, helps design National mats and equipment. His expert advice based on actual use and years of experience as an instructor contribute greatly to our ability to give you products that "really do the job."

## PORTABLE BOXING RINGS • TRAINING BAGS



The National Portable Boxing and Wrestling Ring is safe and substantial, designed especially for high school and college gymnasiums where quick dismantling is required. Two boys can remove the ring and clear the floor in six minutes. It has been designed purposely to provide a good yet economically priced portable ring within the financial reach of school and camp. These rings conform to the requirements of the AAU and the NCA. Hundreds in use in army training camps, naval stations, colleges, private schools and clubs.

Scientifically built training bags for experts and amateurs. Packs the "feel" of the human body, soft and resistant. Stands up like an iron man under the stiffest punching. Perfectly balanced, develops accuracy, speed, reach and punching.

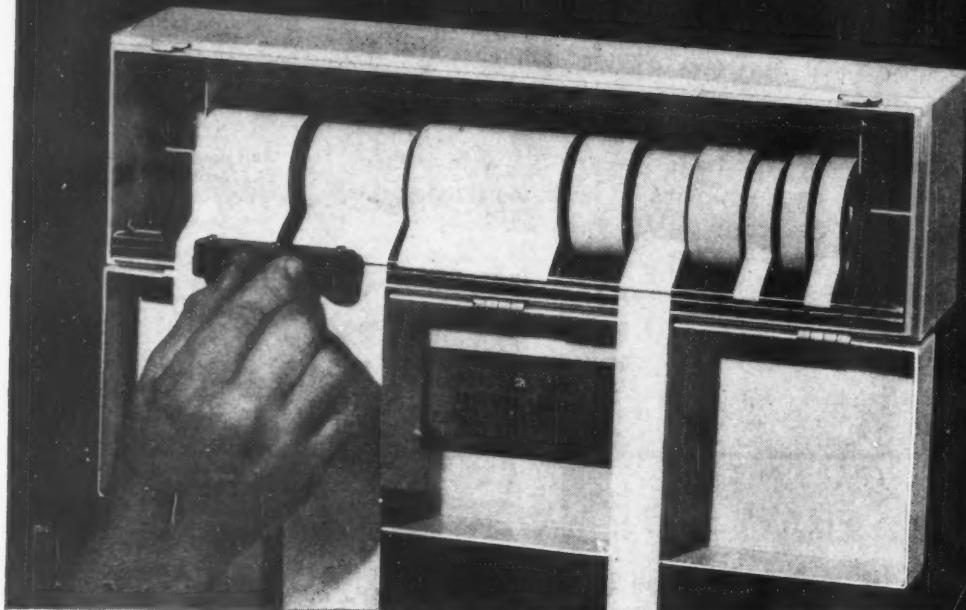


**SOLD DIRECT TO SCHOOLS AT A SAVING**

**PROTECTIVE STRAPPING**  
is easier . . . surer . . . with

### ADHESIVE DISPENSER

(patent pending)



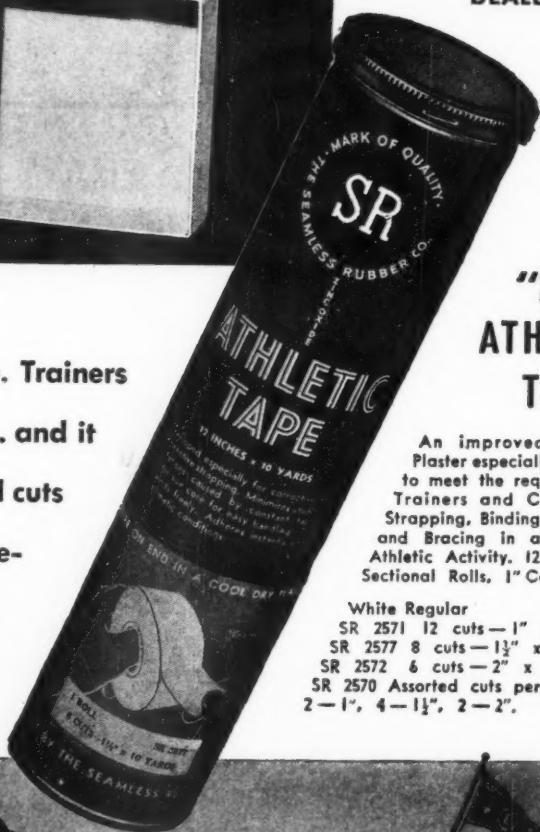
No more hunting for scissors. No more tearing tape. Trainers welcome CUT-RAK because it's quicker . . . easier . . . and it saves adhesive! The built-in cutter slides on track, and cuts in both directions. It uses standard blades, easily replaceable. Enamelled metal wall case closes when not in use.

SOLD ONLY  
THROUGH  
SPORTING GOODS  
DEALERS

### "SR" ATHLETIC TAPE

An improved Adhesive Plaster especially developed to meet the requirements of Trainers and Coaches for Strapping, Binding, Bandaging and Bracing in all forms of Athletic Activity. 12" x 10 Yds. Sectional Rolls, 1" Core

White Regular  
SR 2571 12 cuts — 1" x 10 Yds.  
SR 2577 8 cuts — 1½" x 10 Yds.  
SR 2572 6 cuts — 2" x 10 Yds.  
SR 2570 Assorted cuts per roll —  
2 — 1", 4 — 1½", 2 — 2".



The **SEAMLESS**  
NEW HAVEN 3, CONN., U. S. A.



**RUBBER** Company  
FINE RUBBER GOODS SINCE 1877

REG. U. S. PAT. OFF.

**A**S OUR first exercise for 1944-45, we'd like to lead a long locomotive for the Eastern Intercollegiate Football Association. The poobahs that guide the sports destinies of 30 eastern colleges led a mild mutiny last month against the stand-pat policy of the national football rules committee.

By "stand-pat" we mean the committee's action in freezing the college code for the duration. The refrigeration wasn't motivated by subversive thoughts. The rules engineers simply thought that with so many coaches and officials in the service, it would be wise to put the game on ice until they returned.

Unfortunately, the idea hasn't worked out. The committee's intentions, while honorable, haven't been practical. A game like football cannot be allowed to stand still. It invites stagnation. And when you remember that even before the war, college football showed signs of arterio sclerosis, you can understand the E.I.F.A.'s concern over the rules men's non-surgical policy.

After a poll of its membership revealed overwhelming sentiment in favor of immediate revisions, the E.I.F.A. rules doctors went to work on the code. They applied their scalpels to six rules, with the following results:

1. Prohibit out-of-bounds kick-offs by penalizing the kicking team five yards until a legal kick is made.
2. Permit the use of one-inch artificial tees for the kick-off.
3. Lessen severity of penalties for illegal forward passing when made beyond the line of scrimmage or made by team which did not put ball in play.
4. Clarify the off-side rule.
5. Permit all fumbles to be advanced by opponents.
6. Permit passing anywhere behind line of scrimmage (endorsed but not officially approved).

The 30 colleges under E.I.F.A. aegis will play under the first five rules. The sixth was placed on a conditional basis because of its comparatively great influence on strategy and the short time left for coaching adjustments.

As you can see, there's nothing really bolshevik about the changes. Actually, they represent a belated return to the old order, rescinding provisions which perhaps should never have been enacted.

# Here Below

You don't need a football slide rule to reckon the effects of these changes. They undoubtedly will raise goose-pimples on the pigskin—making for a more open and spectacular game. At the same time, they will engender no new hazards for the participants.

In any light these changes prove one thing: the men who frame our high school rules are a long, rolling kick ahead of their college brothers. Practically all these changes were put into the schoolboy code years ago. And not without the spluttering about "radicalism" and "obstructionism" that accompanies every move of far-sighted sports bodies. We think our schoolboy rules men may be forgiven these days for reaching over and patting themselves on the back.

**W**HEN we heard Ed McKeever, the new Notre Dame coach, was in town the other week, we loaded a dogsled with all our T formation pictures and mashed off to the great man's hotel.

There we found him in considerable dishabille submarining his way through a 6-3-2 array of breakfast dishes. "Sit down and have some breakfast," he grunted, waving a grapefruit at us. Our heart was willing but the ulcer was weak. So we declined with thanks.

Ed ran the last bread crumb over the sideline and plumped down next to us. We then got down to business. We showed him the pictures we had taken at Notre Dame the past summer, and he examined each set closely. "Nice pivot," he'd say. "Good fake." "Look at this, see the way he cross-steps with his left foot. Fine, fine."

By way of demonstration, he'd get to his feet and perform the footwork for us. And very nimbly, too. For Ed, who is only 33, still looks fit enough to body block a tree stump. A big, powerful, black-haired fellow, he's the here's-how-you-do-it type of coach. And there are few

coaches better at it.

The secret of his success is rather obvious. Besides being a Class AA technician, McKeever has a way with people. His good looks, pep-sodent smile and husky Texas drawl can draw honey out of rocks.

In any light, he has a knack for winning the friendship of boys and getting the most out of them. Perhaps because he has always remained

"one of the boys." He is the only coach in captivity whose children were named by his players!

It happened back in 1940. On December 19, the day after Ed left with Boston College for the Sugar Bowl, his wife presented him with twin girls. McKeever didn't know he had become a papa until the 20th, when the team arrived in New Orleans.

"Whoever scores the touchdowns names the girls," declared Ed. Mike Holovak and Mickey Connolly did, and they settled for Susan Helen and Jane Anne.

**W**HILE dissecting our pictures, McKeever told us that the Chicago Bears almost discarded their T last year. This hit us like a ton of Bronko Nagurskis. We thought nothing but the end of the world or Orson Welles could part the Bears and their T.

Nevertheless, at one point in the 1943 season, they had been ready to give up on it. It seemed their professional opponents had worked out a defense that stopped it pretty cold. While contemplating a switch to something else, the Bears whipped up an antidote—a series of weak-side plays that put new onus on the defense.

We think Ed will do better than all right as a head coach—with a little cooperation from American Tel. and Tel. The man apparently spends half his life answering telephone calls.

Every ten seconds during our visit the phone would ring. Ed would stop in the middle of a reverse pivot, answer the phone, return and finish the pivot for us. While we were there, he spoke to a congressman in Chicago, a high school wonder who wanted to go to Notre Dame, a member of the squad who had just passed a crucial exam, a couple of newspapermen, and a dozen other characters.

Ed took 'em all in stride. After all, football coaching can't be all a bowl of Roses, Sugar and Oranges.



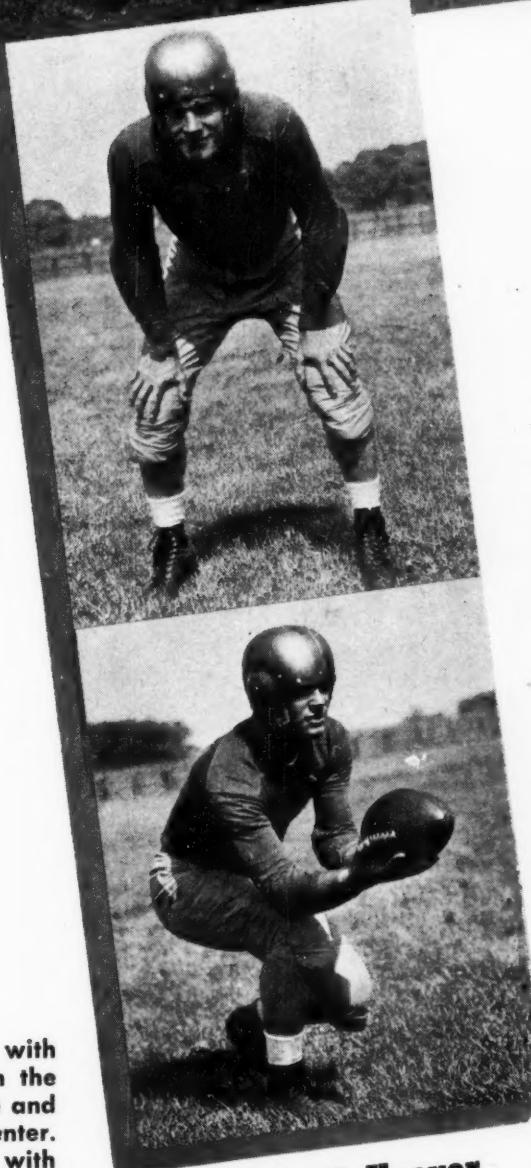
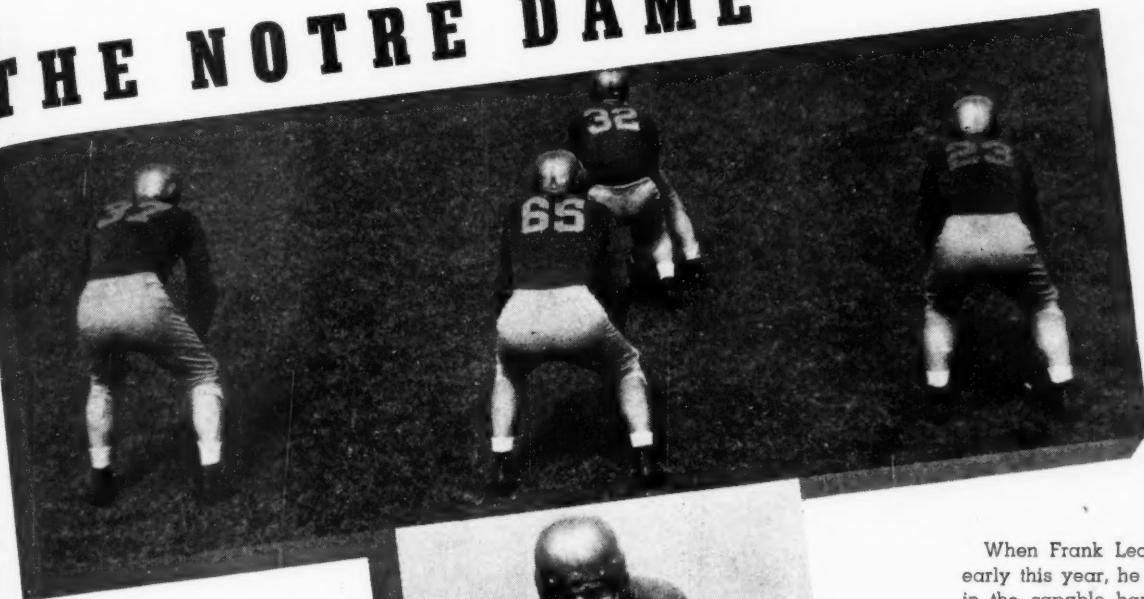
For Longer Lasting Uniforms

5222

KAHNFAST'S NEW  
FIGHTING TWILL

*Kahnfast*  
QUALITY FABRICS

# THE NOTRE DAME



Shown on top is the basic T, with the halves four yards back in the split between guard and tackle and the full 4½ yards back of center. The three long backs line up with head up, knees bent, feet parallel, hands on knees, and weight over balls of feet (center). In feeding the ball (below) the quarter relaxes and stays close to the ground. Head is up, back straight, shoulders on line, and weight over balls of feet. He keeps both hands on ball as long as possible, and feeds it gently into the ball-carrier's middle.

**By Ed McKeever**

When Frank Leahy enlisted in the Navy early this year, he left his Notre Dame team in the capable hands of his friend and assistant, Ed McKeever, who has always been recognized as one of the country's great backfield coaches. McKeever hails from Texas, where he played for Texas Tech and served as backfield coach. In 1939 he joined Leahy at Boston College. The partnership was an instantaneous success, both men dovetailing their talents perfectly. The plays and pivots presented here were set up under McKeever's personal direction and are shown exactly as they are used at Notre Dame.

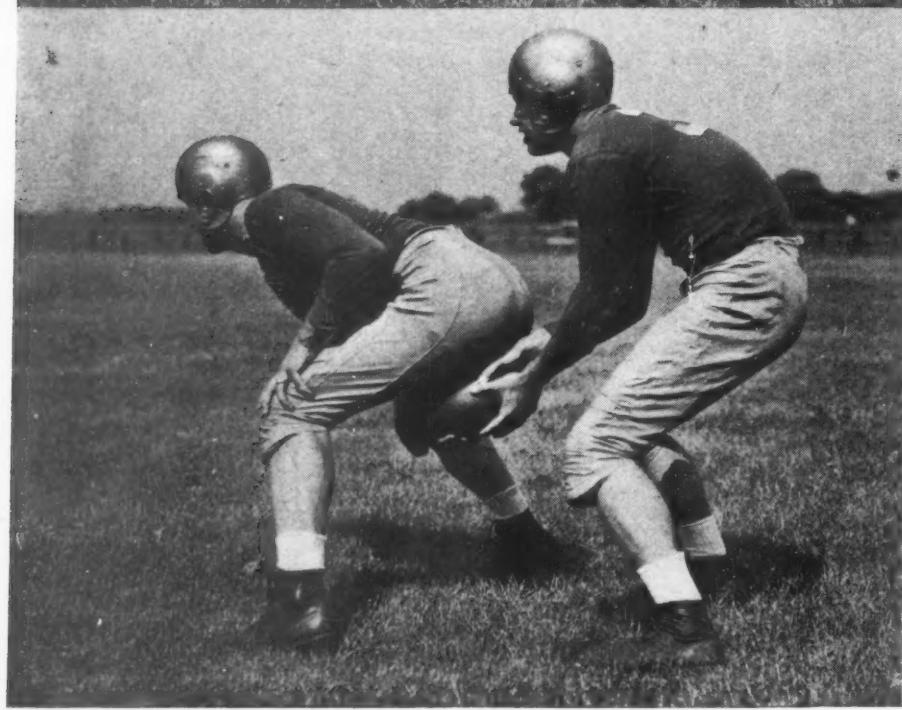
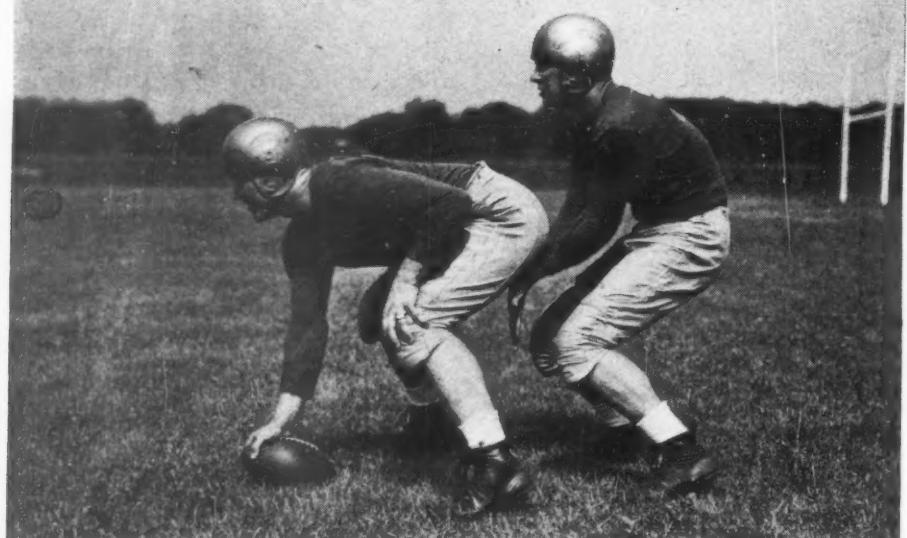
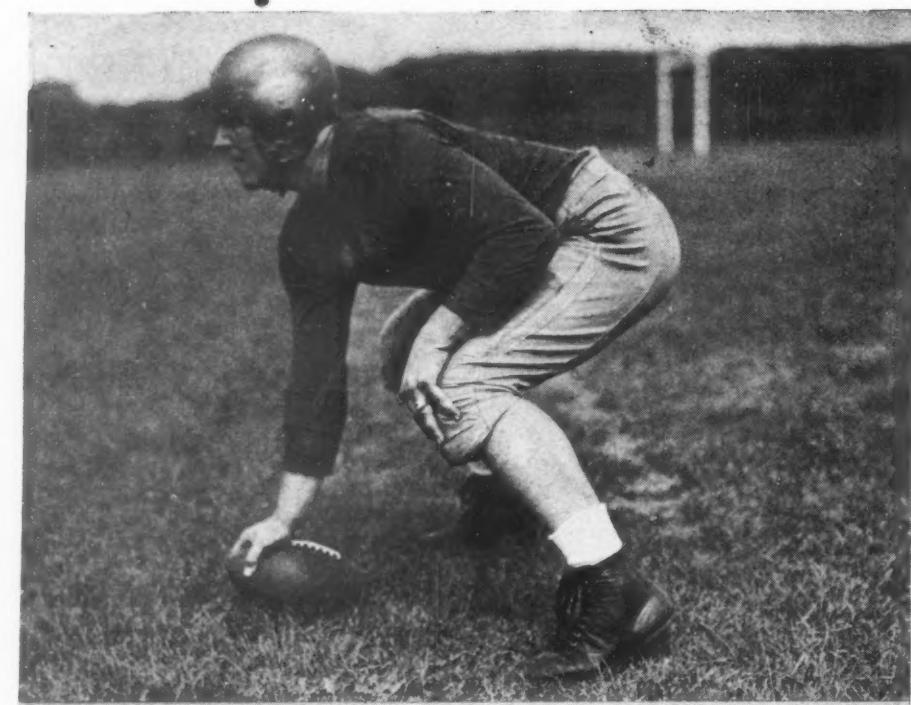
FOOTBALL coaches these days are filling their T cups to the brim. Hundreds of school, college and pro teams have switched over to this new formation. And no wonder. It's flashy, easy on the players and packs a T-ouchdown wallop.

Yet the T *per se* is not new. It is old hat. Stagg, Harper and Rockne employed it years ago. They ran directly from the T. And it worked well until the defensive masterminds started operating on it. They devised a defense that stopped it cold.

Rockne, never one to ignore the handwriting on the wall, promptly discarded it. He then came up with his now famous Notre Dame system. His backs continued to line up in a T but, on a signal, shifted into a box formation.

The T by itself fell by the wayside and would probably still be there if three imaginative football men—Ralph Jones, Clark Shaughnessy and George Halas—hadn't come along. They refurbished the T with tricky variations and plays, shaping it into the powerful touchdown machine it is today.

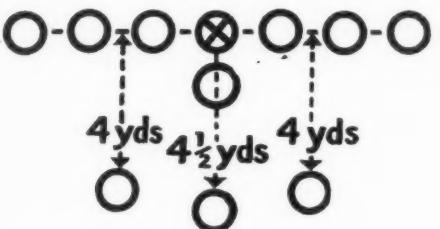
Of all the improvements they put into the T, the one most responsible for its success is the man in motion. He is the fellow who makes it so hot for the defense. He may be any one of the three deep backs. Before the center snap, he



starts running laterally in either direction. If the defense gives him *carte blanche*, the quarterback may flip him a pass. If a man is sent out to shadow him, the defense is sapped.

The key man in the T, however, is the quarterback. Each and every play depends upon his feeding the ball properly. He plans the diet of plays. He fakes, pivots and passes.

That's where the rub comes in. If you haven't a fellow who can do these things reasonably well, your T won't be very strong. Hence, your quarterback should be your best backfield man.



He should take a comfortable stance with head and shoulders back, knees well bent and back straight. The arms are loose and bent slightly, with the hands in easy receiving position under the center. Both hands are on a vertical plane with palms and fingers apart and heels touching. The top hand is in contact with the center's crotch.

The placement of the hands is left to the quarterback. Either hand may be on top. The fingers of the top member should be well spread and very firm. The bottom hand should be relaxed.

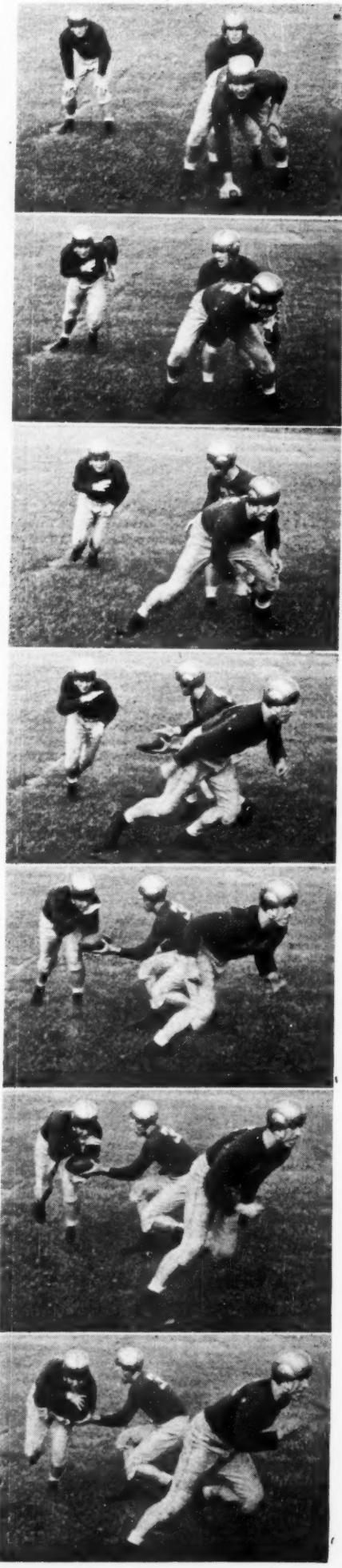
The feet can be parallel. But if it is more comfortable, he may keep one foot slightly back. This will facilitate the pivot. If he is going to pivot around to his right, he should keep his right foot slightly back. On

(Continued on page 12)

**Top, Center Stance:** Head is up, eyes forward, back straight and weight over balls of feet. Legs are spread about shoulder-width apart, with right foot slightly advanced and toes pointed straight ahead. Left hand is braced on knee, and ball gripped on end with lace up.

**Center, Quarter and Center:** Quarter plants feet about 18 inches apart behind center. Keeps head up and eyes forward—does not look at ball.

**Below, Center Pass:** Without looking down, center shoves ball up into quarter's hands. Latter's hands close over end of ball and he secures control without looking down. He gives center a slight shove to help him on his way and indicate that pass is okay.



## BALL-HANDLING

**G**OOD ball-handling is a prerequisite of every offense. But in none is it so vitally essential as in the T. For each and every play is tied up with fine ball-handling. If your boys cannot master—and we mean *master*—the art, you better forget about using the T.

The quarterback naturally is the key ball-handler, since he initiates every play. But the halves too have great responsibility. They're required to take the feed while moving at top speed. If they can't do this without fumbling, the effectiveness of the quarterback and the formation is drastically reduced.

The pictures on this page afford a good idea of the type of ball-handling required to make the T go.

### Left: Feed to Right Half

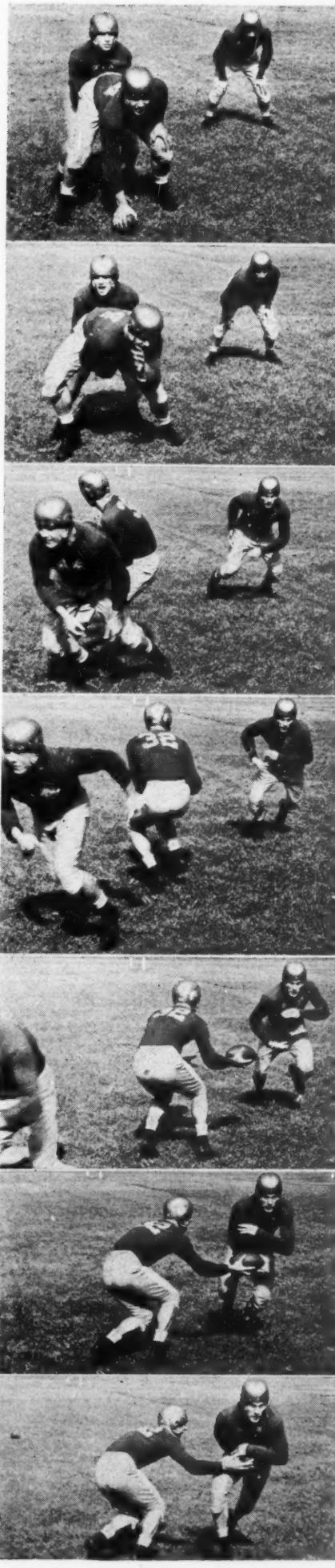
A feed to the right half, using a quarter forward pivot. The quarter lines up with his right foot forward. After taking the center pass, he pivots on the ball of his left foot and takes a short step with his right foot. He makes the feed with his left hand.

The halfback starts with the snap, driving straight at the hole. He swings his arms to gain momentum, then quickly adjusts them into receiving position. He drops his inside hand next to his hip and places his outside hand about a foot above, thus forming a pocket for the ball.

### Right: Feed to Left Half

The feed here is to the left half. But this time it is made with a reverse pivot. As before, the quarterback takes a stance with his right foot forward. He pivots on his left foot and swings his right foot all the way around, winding up with his back to the line.

He feeds the ball with his right hand, putting it gently into the half's "pocket." Note, in both these strips, how he lets his hand go with the receiver—a practice that reduces fumbles. The half keeps both hands on the ball until such time he can work it into the regular carrying position.



(Continued from page 10)

left pivots, the corresponding foot is retreated.

After reverse pivoting, the quarterback will find the rest of his job easy if he will keep his feet well spread in a comfortable position. The idea is to get around fast enough to feed a back running straight ahead.

For cross-over steps, it is wise to keep the feet parallel. The pivot, however, should still be made off the inside foot. The outside leg is swung over at the same time so that the body is parallel to the line of scrimmage. The knees are still bent, the head back and the shoulders up.

When feeding to the half or full, the quarter should always watch the midsection and let his hand and wrist go slightly with the ball-carrier. If the quarter is faking to one man and either giving off or lateralizing to another, he should definitely keep both hands on the ball during the initial fake. These safeguards will reduce fumbles.

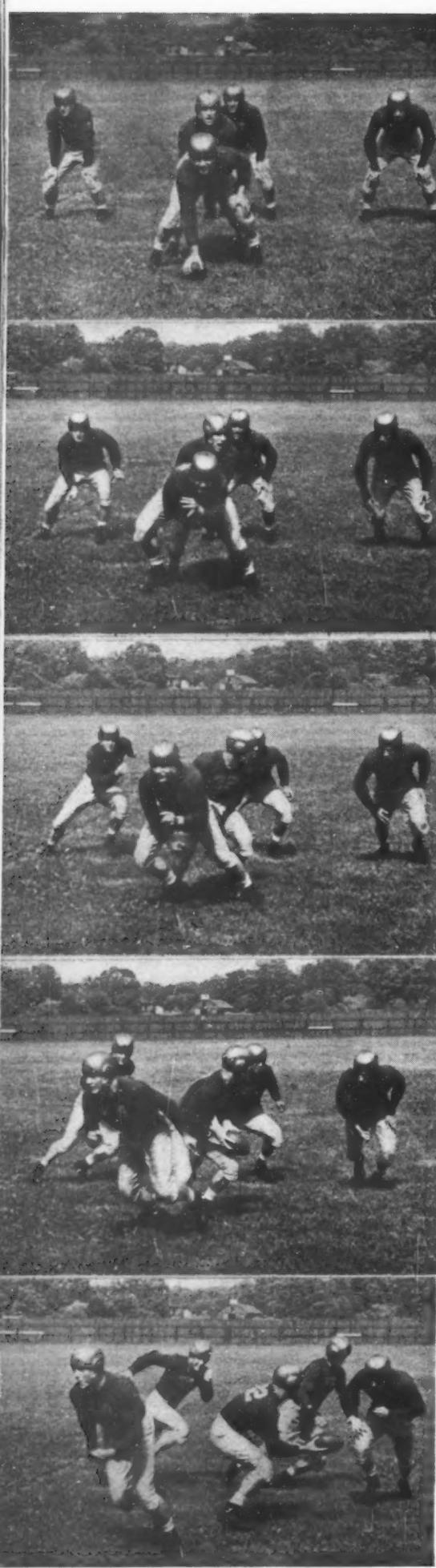
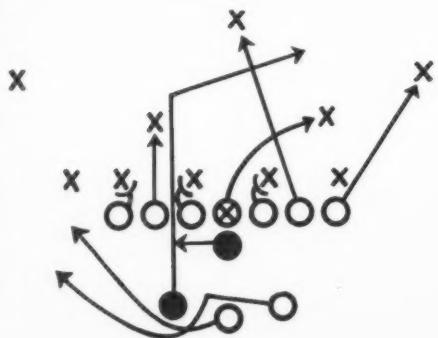
In dropping back to pass, the quarterback will find it easier to keep his right foot up. He should make the initial step with that foot and, with the same motion, cross over with the left. He should then bring the right up underneath and again cross over with the left until he is five yards back. While he fades, he should look over his field. This will help his timing in hitting the receiver.

The use of the man in motion, flankers and various backfield maneuvers are left, of course, to the quarter's discretion. He must always know the way the defense is covering motion-men, and also the type of line play employed by the defense—which he can obtain from his own linemen. His theory should always be: No matter how the defense sets up, we have plays which will work. The flexibility of the T assures this.

**Halfback.** The half should keep his feet parallel with all his weight concentrated on the balls of the feet (which can be done by bending the

### QUICK OPENER

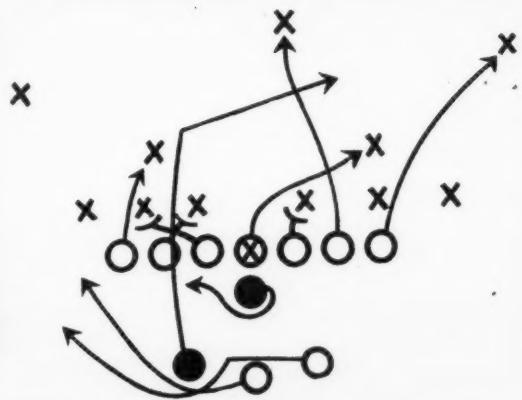
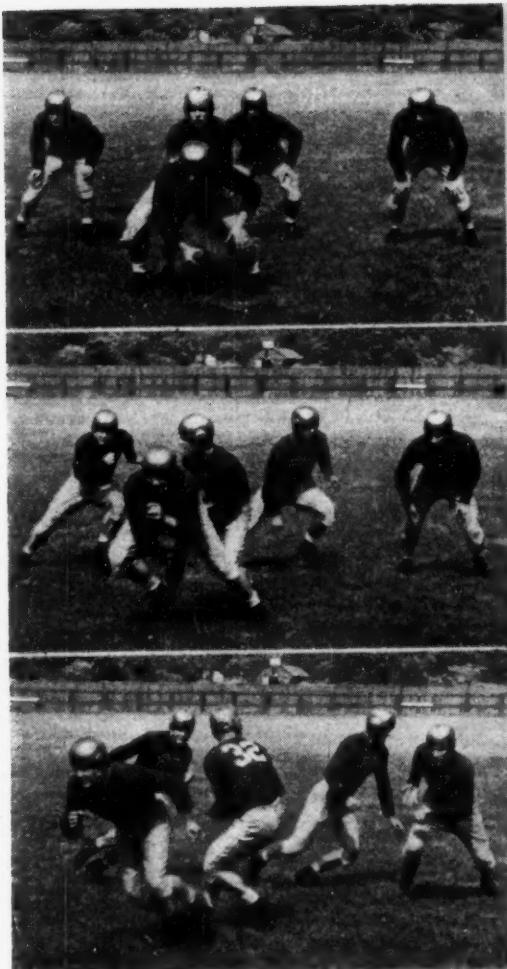
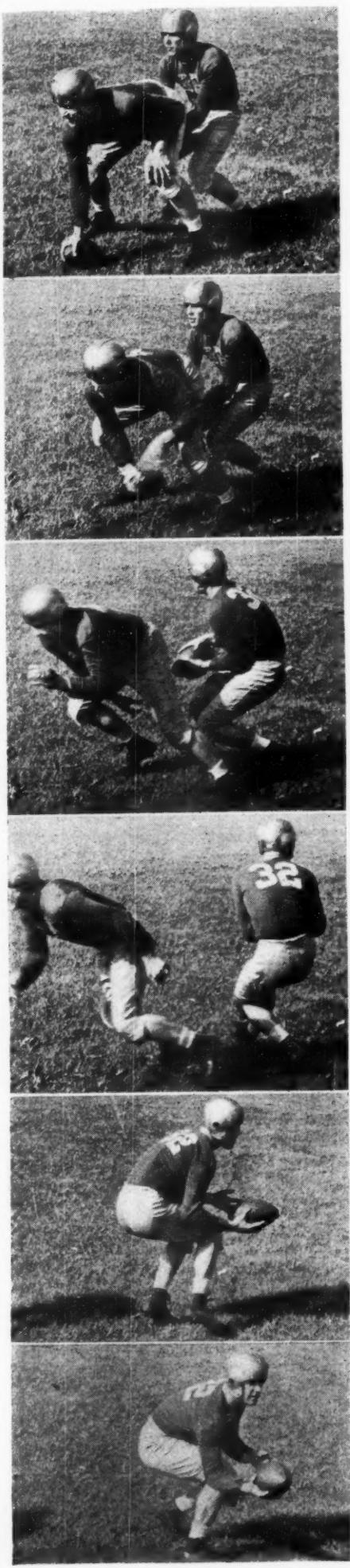
Full and right half start running to left, while left half drives straight ahead. He takes the ball from quarter and plows over tackle. Left end and left guard open hole, tackle hits near backer-up and center takes care of other. Quarter feeds half with a forward cross-over pivot, pivoting on left foot and cross-stepping with other. Weight, during pivot, is on left, or pivoting, foot. Quarter stays low by flexing both knees and feeds ball gently into pocket formed by half's hands.

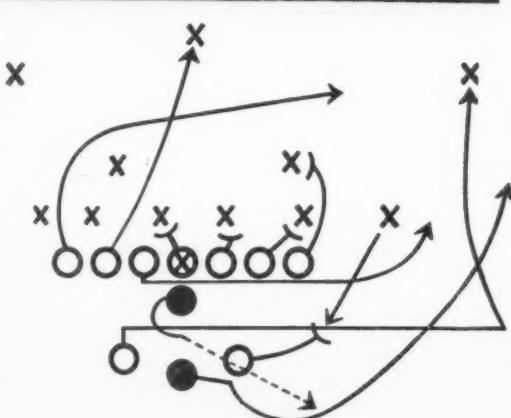
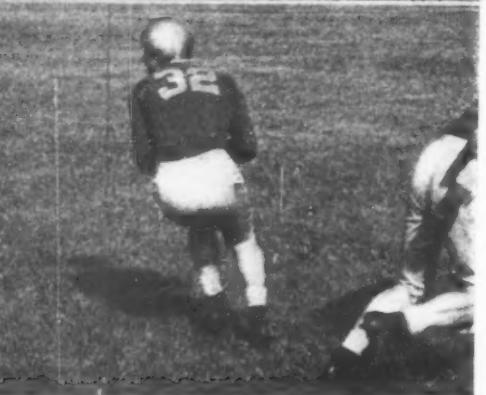
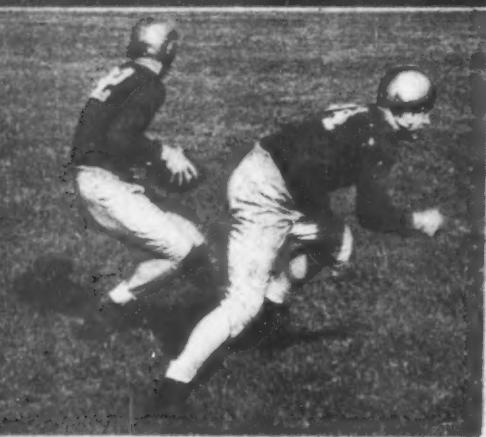
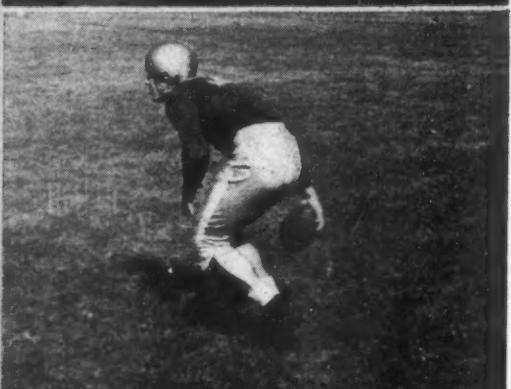
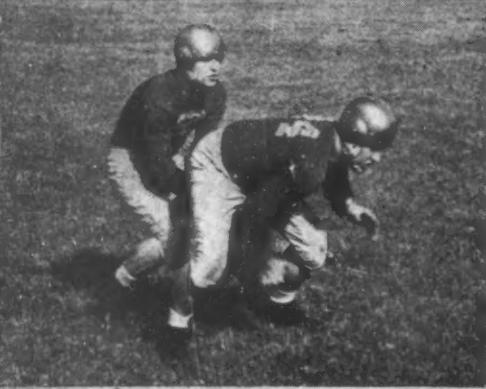
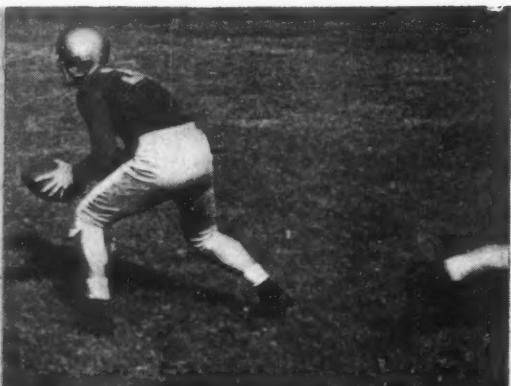
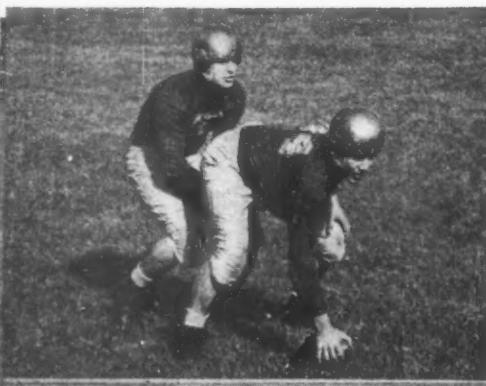


### QUICK OPENER

Another good quick opener with the left half carrying. Note, however, the switch in blocking assignments. This time the left guard and tackle open the hole by cross-blocking and the left end bumps the backer-up. The other men block as before.

The quarterback uses a reverse pivot for the feed. He lines up with his left foot slightly back. Upon receiving the ball, he pivots on the ball of this foot and swings his shoulder, hip and body around so that he ends up with both feet and toes pointing towards the sideline. He bends his knees as he spins, keeping his head up, shoulders straight and hips low. Note the position of the right half on the feed pass. He is in perfect position for a lateral from the quarter. Often the quarter will fake the pass and lateral to the half.





knees). His objective is the same as a sprinter's—to get a fast start straight ahead.

His initial step should always be with the foot in the direction of the hole or at the point he desires to hit. He should drive his arms at the same time to pick up momentum. If he is going to accept the ball, he should form a pocket by dropping his inside hand next to his hip and his outside hand on top. This gives the quarter a constant target. The half runs in an upright stance, but he looks at the ball to make sure he takes it properly.

Running with the ball is only part of the half's duties. He must also be a blocker. And, since the T is built mostly on faking by the backs, it is also the half's duty to carry out each and every fake.

**Fullback.** The fullback is practically another halfback. In stance, acceptance of the ball and most duties, his play is identical. He is generally a good line plunger and an excellent blocker. Like the halves, he must also be a fast starter.

**Linemen.** All linemen should keep their feet well apart, weight well balanced and right hand resting lightly on the ground. The head is kept well back with the eyes focused straight ahead to avoid giving away the direction of the block.

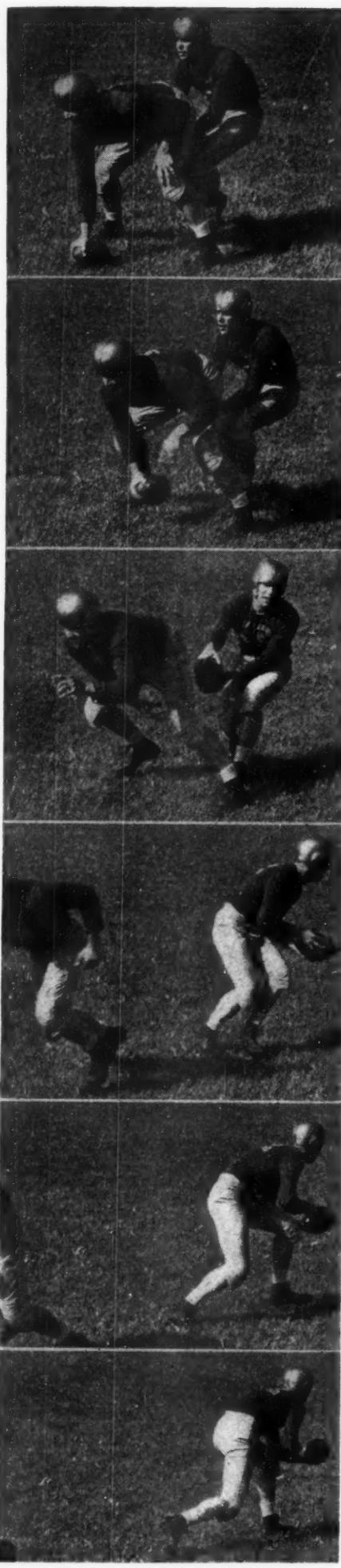
Each lineman is required to start off the afternoon with a charging exercise. They get down on hands and knees, then dig the feet up underneath the body with short, driving steps as fast and as hard as possible.

Our linemen are instructed each day in practice to lunge out to meet their opponents. They then take a step and drive into the opponent. As a final gesture, they just run through the opponent with short steps and drive as hard as they possibly can with their shoulders.

Since every type of block is employed, all are faithfully practiced.

## LATERAL PASS

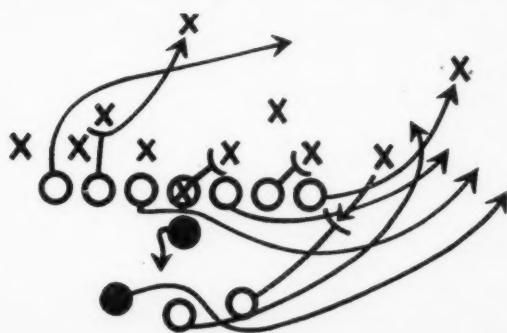
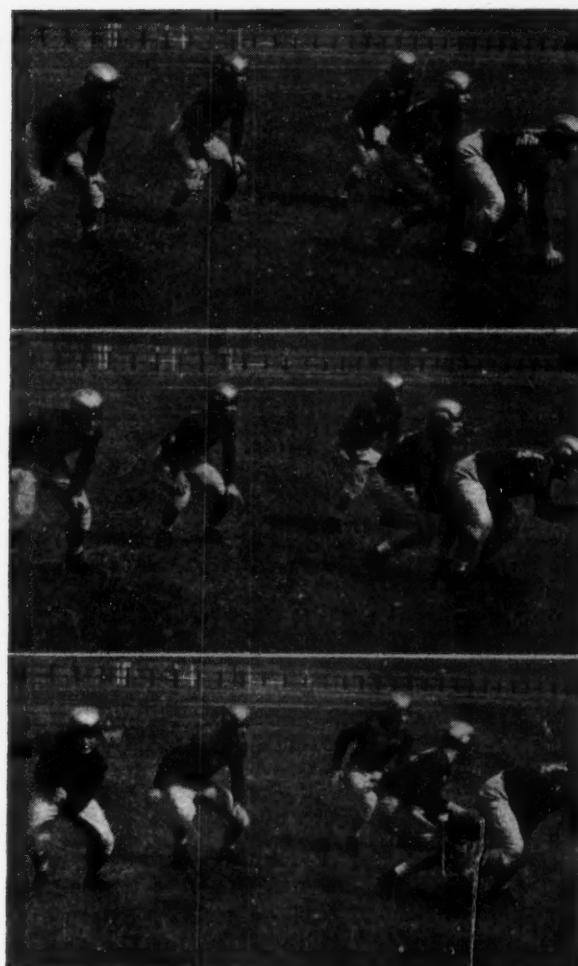
Left half is in motion on this play. As quarter takes ball from center, the fullback pivots on right foot and crosses over with left. He veers slightly back and receives lateral at a point roughly behind end. Quarter spins off right (back) foot and swings left foot back in direction of toss. He brings right toe to left heel, then steps off again with left foot. He stays low by bending knees and aims at full's mid-section. If thrower appears to have dropped to knee, blame camera angle. Quarter bends knee as low as possible, but keeps it off ground.

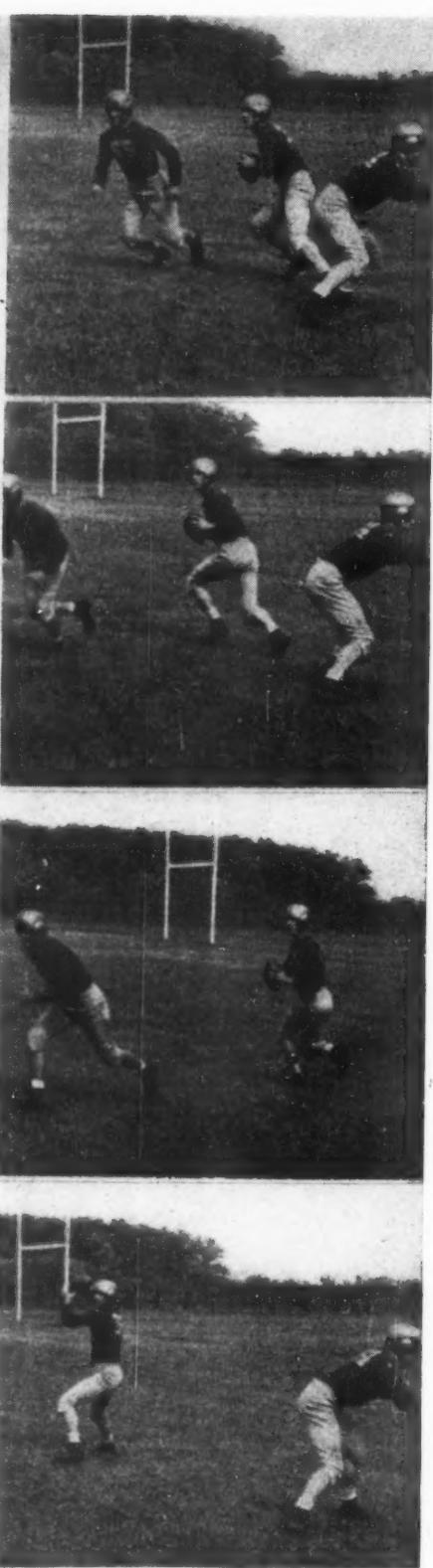


## END RUN

The quarter pivots and hands the ball to the left half. The right half takes out the defensive end, while the full leads the way around end. Both guards pull out to escort the runner. The left tackle checks the far backer-up and then goes downfield for the safety man. The left end swings over to help with the downfield blocking.

The quarter feeds the ball with a reverse cross-over pivot. He sets up with his left foot forward. After taking the center pass, he spins off the ball of his right foot and swings his left foot around and back. He takes two short steps before handing off the ball. As always, his back is straight, knees bent and head up. The weight is over the balls of the feet, the shoulders are on a line and the ball is fed gently to the runner—not slammed into him.





The one big point to keep in mind is to step with the left foot first when blocking in that direction, and vice versa. Some men believe that good, solid blocking isn't essential in this formation. We believe it is. Good blocking is always necessary and we do everything we can to develop speed and power.

Speed may be improved through the medium of sprints taken from the lineman's stance and run in various directions.

**End.** An end should always be in position to block the tackle, the end, the line backer or the defensive half. He is also required to be able to go out on all passes.

The blocking and the special maneuvers should be practiced daily. Since our pass patterns stem from a hook pass or a head fake and cut, our ends practice with their passers each day on this particular specialty. They also work on their speed and on keeping their bodies relaxed with the hands held in much the same manner as a sprinter (towards the middle of the body) so that they can easily go after the ball.

**Tackle.** A tackle must practice sprinting forward, as well as to the right and left, every day. He must learn to get away quickly enough to block his opponent, no matter how and where he finds him. His base is similar to a sprinter's, only wider—yet it is quite a bit narrower than the average system requires.

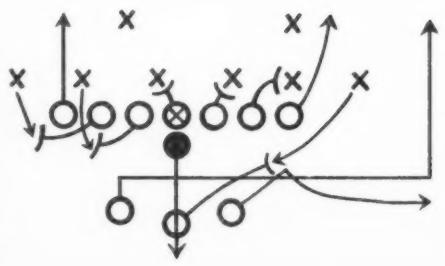
The most potent block is with the shoulder. The tackle is taught to establish his point of contact on a plane corresponding to his opponent's hip. He is taught the importance of hitting hard and staying with his opponent by digging with short, choppy steps away from the play. Much time is put on the establishing of contact, since many players err in allowing a man to recover.

The basic requirements are balance, speed and determination. A tackle must feel it his duty to stay with the man until the play has

(Continued on page 52)

## FORWARD PASS

Left half is in motion. He takes a step forward with left foot and goes right. Quarter fades by moving his right foot back and crossing over with left. He retreats about six yards as fast as he can, always crossing over with left leg. The idea is to get back quickly and plant the right foot. In passing position, the feet are fairly close together with weight mostly on ball of right foot. Both hands are kept on ball, which is carried high so that little time is lost bringing it back of the ear.



*Come on in...the pool is fine!*



thanks to  
**TILITE'S**  
 double cleaning action  
**and Perchloron's**  
REG. U. S. PAT. OFF.  
 water purification . . .

TILITE does a *double job* . . . cleans swimming pools *chemically* and *mechanically*. By removing imbedded dirt and most stains, including rust, Tilite keeps your pool invitingly clean.

It's easy to use, effective and inexpensive . . . a little covers a lot of surface. Tilite-cleaned surfaces are free from the dangers of soap-washed surfaces because Tilite contains no slippery soap. For a generous FREE SAMPLE fill out and return attached coupon.

PERCHLORON\* serves as an effective sanitizer, not only for swimming pools but for many swimming pool accessories. It dissolves readily in water, releasing active, germ-killing chlorine.

Use Perchloron to sanitize pool walls, to chlorinate the water and as a disinfectant in foot baths, for washrooms and locker rooms. Unavailable for a while because of wartime demands, Perchloron may be purchased again in limited quantities.

\*Reg. U. S. Pat. Off.

**PENNSYLVANIA SALT**  
 MANUFACTURING COMPANY  
*Chemicals*  
 1000 WIDENER BUILDING, PHILADELPHIA 7, PA.

New York • Chicago • St. Louis • Pittsburgh • Cincinnati  
 Minneapolis • Wyandotte • Tacoma

**TILITE**  
Reg. U. S. Pat. Off.

FREE  
SAMPLE—  
MAIL THIS  
COUPON



Pennsylvania Salt Manufacturing Co., Dept. SC  
 1000 Widener Bldg., Philadelphia 7, Pa.

Please send me a free sample of Tilite.

NAME \_\_\_\_\_

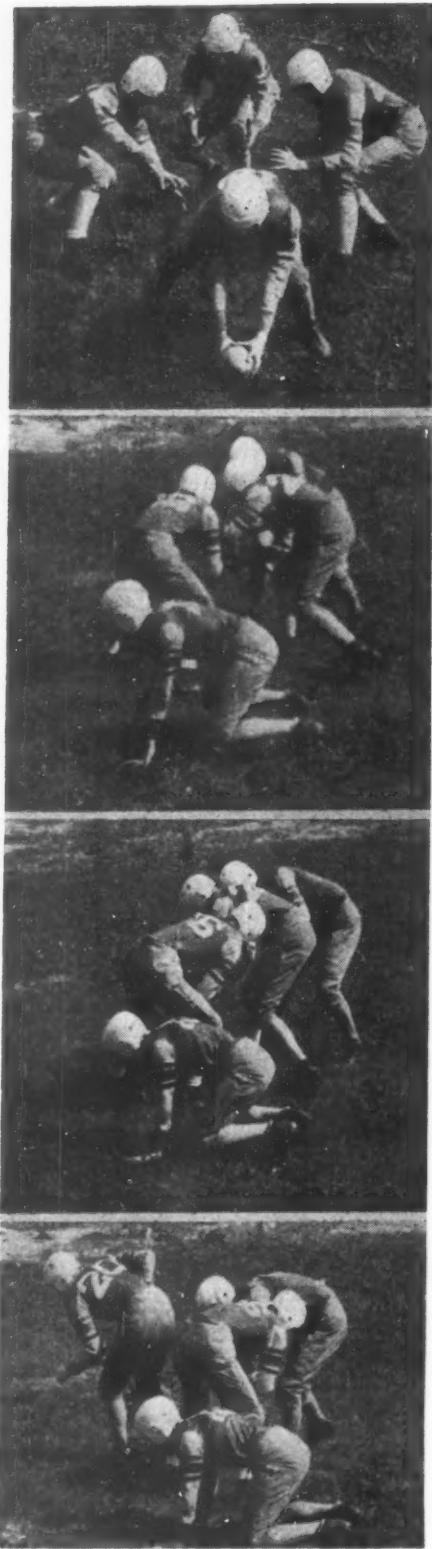
NAME OF POOL \_\_\_\_\_

ADDRESS \_\_\_\_\_



# SEQUENCE FOR THE TRIPLE SPINNER

By Bruce M. Fisher



Deception with a capital D is the motif of the triple spinner. And here you see how it works. Can you tell who has the ball? The boys line up as shown, and the ball is snapped to No. 3 (back closest to center's right heel). Nos. 1 and 2 step in with their right foot, and the hocus pocus begins. No. 1, the tailback, raises his left shoulder (third

Eight plays for the only offense in football in which three men spin over the ball simultaneously

Bruce M. Fisher evolved his triple-spinner attack after 17 years of experimenting with different systems. He started using it in 1937\* at Ferndale High School, Johnstown, Pa., where it met with remarkable success. Before moving on to Bedford, Pa., High, he blueprinted his new system for "Scholastic Coach" (June 1941). The many inquiries he has since received moved him to prepare this follow-up.

**T**HE triple-spinner attack, in which three men spin over the ball simultaneously, operates on the same principle as the old shell game. By coming together momentarily, swiftly crossing each other and fanning out into different directions, the three "con" men try to make the football disappear from enemy eyes.

This isn't easy, naturally. It takes long practice to perfect. But the dividends are high. Wonderful opportunities are offered in the way of power and deception.

The offense operates from an unbalanced line, which may be shifted left or right (**Diag. 1**). When the play calls for a line shift, the entire line moves over so that the boys keep the same relative positions. That is, Joe Doe remains the strong-side end whether the strength is left or whether it is right. We have found this simplifies assignments.

The three spinning backs line up in a rough circle facing the ball. The 1 back keeps his left foot forward and the 2 and 3 backs half face each other in half-spin position, 2 with his right foot forward and 3 with his left foot ahead.

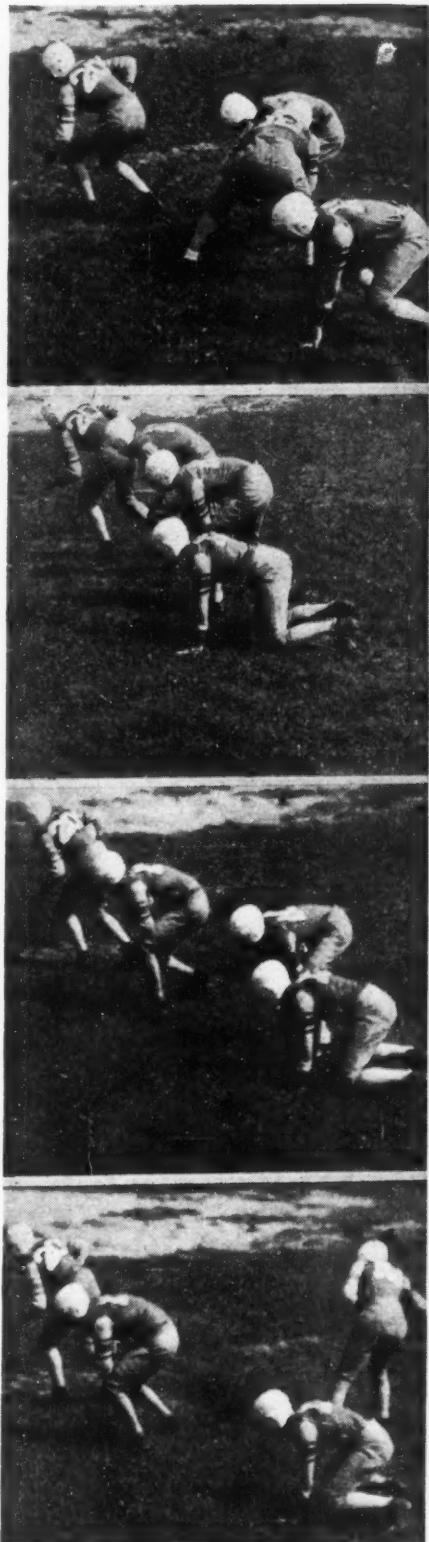
The tailback (1) is four yards directly behind center, while 2 and 3 are three and a half yards back in the slot between the guards and center. The wingback, 4, sets up a yard back of the split between tackle and end.

No. 3, the quarterback, is fast and a good pass catcher; 2 is a good ball - handler, line plunger and passer; 1 can drive off tackle and block; and 4 carries reverses, blocks and catches passes.

The 1 back takes his first step with his right foot. This gives him a good base with which to receive the

(Continued on page 20)

\*It is interesting to note that at about the time Bruce Fisher was putting the finishing touches on his new offense, down in New Mexico Coach Ed P. Coleman of Hatch High was hatching the same kind of golden egg—an offense with three men spinning in the backfield. Coaches interested in the Coleman attack, which differs considerably from the Fisher version, may refer to the June 1940, October 1941 and September 1943 issues of *Scholastic Coach*.



picture) to clear 2 and to enable him to cut close off his tail. The three men come over the ball simultaneously, completely masking it from the opponents. The receiver (3) fakes a pass to 1 and 2, who carry out the fake all the way. No. 3 pivots to the left to further confuse the opponents, and then fades back for a pass.

Bar

bone  
at Va  
—An  
could

But  
dream  
our  
steely  
this n  
when

You  
marve  
found  
turi

Ha  
tenan  
liesin



## Backbone . . . not Wishbone!



If the Pilgrims and their loyal women folk had had wobbly wishbones in place of their sturdy backbones; if the backbones of the patriots at Valley Forge had been wishy-washy—America, land of the free today, could have ended in wishful thinking.

But the men who discovered, dreamed, worked and fought to build our great democracy, put their own steely courage into the backbone of this nation. It is backbone that shows whenever the chips are down.

You see it in our modern industrial marvels that began in a little iron-founder's shop less than two centuries ago.

You see it in our scientific miracles—in our agricultural achievements—and in our mighty war effort, today.

Have you considered that the maintenance of America's superb backbone lies in our matchless youth power? It does.

Out there on the playfields of our great democratic nation, where our youth—our potential manpower—fight to the last ditch in friendly fierceness, for a coveted goal—in vigorous, man-to-man, competitive sports—the backbone of our nation is renewed and stiffened.

On these battle fields of competitive play our boys and girls, too, learn initiative, courage, determination, fighting spirit, will-to-win despite all odds, tempered with fair play.

And on these fields is inculcated into their minds and hearts an unrealized appreciation of what it means to live in a *free* America. Try to take this freedom of theirs away from them—this personal privilege to think and

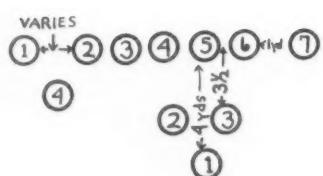
dream and do in freedom—to be oneself—to fight for a goal and win it—and that realization will become a living flame. And in this fact is our greatest guarantee that America will continue to be the land of the free.

Wilson Sporting Goods Co. and Wilson Athletic Goods Mfr. Co., Inc., Chicago, New York and other leading cities

**Wilson**  
SPORTS EQUIPMENT



**IT'S WILSON TODAY  
IN SPORTS EQUIPMENT**

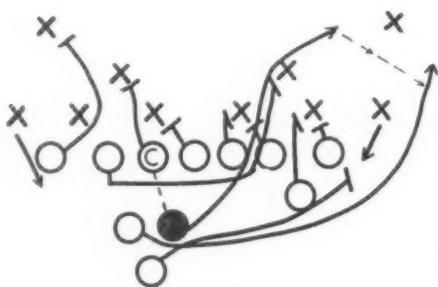


Diag. 1

ball and also enables him to drive directly off 3's tail.

The fullback, 2, may full spin or half spin. On weak-side plays, he half spins since he can hit more effectively from it. The half spin is also preferred on mousetraps, as it enables him to keep his eye on the blocker and to better judge the opening.

**Diag. 2** shows the fullback driving inside tackle. The ball is centered to 2 who fakes to 3 and 1, then drives through inside the defensive tackle. The left guard pulls out and blocks the defensive full. The right end checks the tackle low



Diag. 2

on the outside, taking his leg from under him and setting him up for the 4 back.

The right tackle and right guard double team one defensive guard, while the left end checks the tackle and gallops through for the secondary.

A drive by the 2 back inside the defensive guards is shown in **Diag. 3**. No. 2 takes the snap, while 3 and 1 comport themselves as before—3 faking wide to draw the defensive left half out of position and 1 checking the defensive left end.

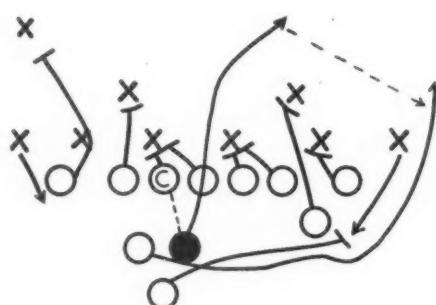
No. 4 drives through for the defensive full. The right end checks the defensive tackle, while the four center linemen double team the guards as shown. The left guard goes through for the weak-side backer-up, and the left end checks the tackle and goes down for the right half.

**Diag. 4** illustrates a hike or quick-opening play. No. 2 receives the ball, fakes to 1 and 3 and drives

inside the weak-side tackle. Nos. 1 and 3 fake wide, as before, around end. As a variation, 1 may swing wide around the other end. The right end checks the defensive left tackle and the right tackle hits the defensive left guard.

The right guard swings around or goes through for the weak-side backer-up. The center and left tackle double team the other defensive guard, while the left guard head-and-shoulder blocks the right tackle. The left end takes the outside leg of the tackle and then drives on for the lateral. No. 4 checks the defensive full.

A power reverse is outlined in **Diag. 5**. The ball is snapped to 2.



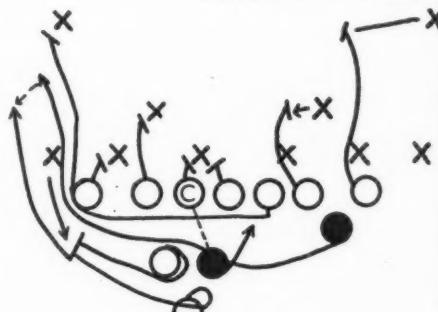
Diag. 3

Backfield mates 1 and 3 pivot and drive the defensive right end out of the play. No. 4 takes the ball from 2 and sweeps inside the defensive end behind his right guard.

The right end checks the defensive left tackle and goes on for the half. The right tackle checks the defensive left guard, while the center and left tackle pair up on the right guard. The left guard drives through the tackle's inside leg and checks the weak-side backer-up. The left end head-and-shoulder blocks the defensive right tackle.

As an alternative, the center may take the weak-side backer-up so that the left guard may help his end with the defensive tackle.

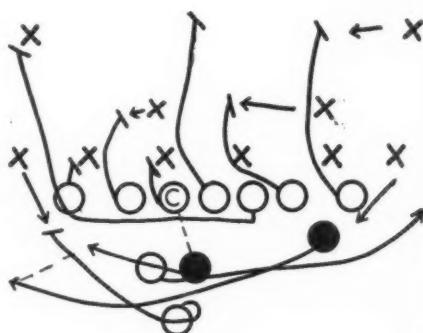
**Diag. 6** shows a run or lateral. The ball is again fed to 2, who drives to the left. No. 3 fakes to the



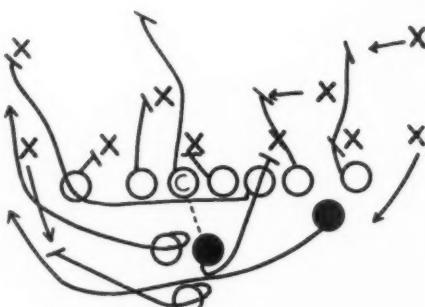
Diag. 5

right, while 1 spins, fakes and charges into the defensive right end. No. 4 runs deep and may take a lateral outside the defensive right end, the ball being passed just as 1 hits the man.

The right end checks the defensive left tackle and goes through for the left half. The right tackle checks the guard on his side and continues on for the fullback. The right guard leads the play around the defensive right tackle. The left tackle helps check the defensive right guard and goes through for the safety man. The left guard



Diag. 6

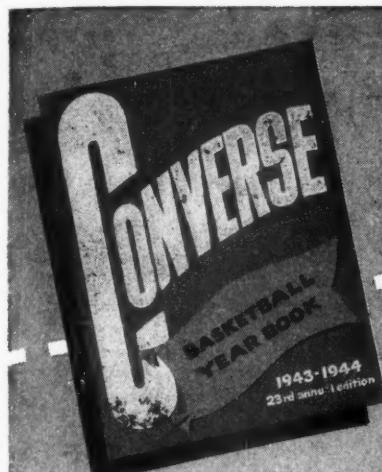


Diag. 7

drives hard for the weak-side backer-up, while the left end blocks the defensive right tackle.

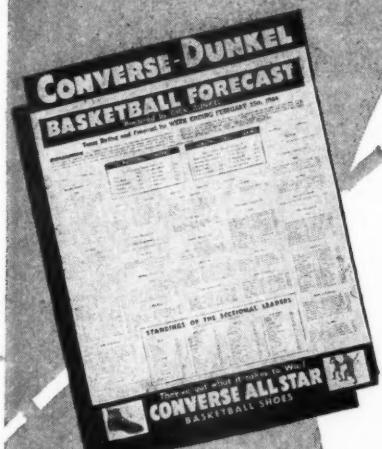
Illustrated in **Diag. 7** is a wide weak-side reverse. The ball is passed to 2. Nos. 3 and 1 spin to the weak side, 3 holding up the end and 1 driving into him with a head-and-shoulder block. No. 2 hands the ball to 4, who sweeps wide around the defensive right end, picking up

(Concluded on page 51)



### Converse Basketball Year Book 1943-1944

Now in production; off the press about October 1st. 52 pages, 250 service, college, school and industrial teams with records and pictures, plus meaty articles of value to coach and player alike.



### Converse-Dunkel BASKETBALL FORECASTS

Better than 80% right last season. 9 weekly issues, starting in December. Service to be carried as regular feature by newspapers totaling over 5,000,000 circulation in cities and towns the country over.

# CONVERSE

## KEEPS AN EYE ON THE POSTWAR BASKET

**C**ONVINCED that after-the-war basketball will attract enthusiastic new millions to participate in the give-and-take of the hardwood court, the makers of All Star Basketball Shoes announce the expansion of their contribution to bigger and better basketball. The Converse Basketball Year Book for 1943-1944 is now in production, filled from cover-to-cover with the history of a great wartime season, featuring hundreds of service and civilian stars and teams. Plans are afoot to make that exclusive service, the Converse-Dunkel Basketball Forecast and Rating System, more complete and valuable than ever. Newspapers with a total circulation exceeding 5,000,000 will carry the Converse-Dunkel Forecasts as a regular feature of their sports pages. As Converse leads with its famous basketball shoes, so too does it lead in helping to make basketball a greater sport in the postwar world.

Converse Rubber Company, Dept. C9, Malden 48, Mass.

- Send me FREE COPY of Converse 1943-1944 Basketball Year Book as soon as it's off the press.
- Place my name on your list to receive the CONVERSE-DUNKEL Basketball Ratings and Forecast, starting in December.  
(PLEASE PRINT)

Name..... Title.....

School or Service Unit .....

Address.....



# CONVERSE

# ALL STAR

## BASKETBALL SHOES

# ARE YOU READY FOR RIFLERY?

By C. B. Lister

C. B. Lister is secretary-treasurer of the National Rifle Association of America.

**T**HREE are indications that scholastic rifle shooting will return almost to normal this season and that 1945-46 will witness a vast increase in activity.

Most important from the standpoint of the rifle coach is that the supply of .22 caliber ammunition purchased by the Army for training purposes is now more than adequate to meet its requirements. The Army, accordingly, has authorized the Director of Civilian Marksmanship to resume the sale of .22 ammunition to civilian rifle clubs, including junior units of the National Rifle Association.

To reduce to a minimum the job of packing and shipping the ammunition from government arsenals, the regulations require the ammunition to be shipped in full cases of 10,000 rounds. The price is \$43.24, which includes federal excise tax.

The ammunition is, of course, sold by the War Department Director of Civilian Marksmanship only to clubs which are conducting the training, qualification and competition program approved by the War Department. All school clubs chartered by the N. R. A. and conducting the N. R. A. program come within this approved category. (This includes all schools enrolled in the Scholastic Intramural Rifle Tournaments. See page 53.)

It seems probable that many of the familiar models of .22 caliber rifles will also be commercially available by January. In the meantime, to help school rifle clubs get their programs under way, the War Production Board has made available a reasonable quantity of rifles suitable for the schoolboy shooter. Delivery has been promised beginning October 1. Information regarding the rifles available and prices can be obtained by writing directly to the Junior Division, National Rifle Association, 1600 Rhode Island Avenue, N. W., Washington 6, D. C.

An opportunity for schools to equip their rifle ranges with the overhead trolley type of target carrier has been afforded by the War Department's sale to the N. R. A. of a quantity of the Government-issue type indoor target carriers. The carriers available are similar to those which have in past years been is-

With ammunition, guns and target carriers available, it looks like a banner season for school shooting



Home on the range of the championship Culver Military Academy rifle team.

sued by the Director of Civilian Marksmanship to school rifle clubs.

These carriers are packed in units of two to the shipping case. The price is \$5 per unit of two, F.O.B. Washington. The shipping weight is 50 pounds, and shipment will be made either by express or freight collect, as directed by the purchaser. Orders should be sent direct to the N. R. A.

These carriers enable each shooter to operate his own target from the firing point without interfering with the other shooters. This increases considerably the number of shooters who may be handled on the range.

The fact that all the handling of the targets is done at the firing point adds materially to the safety factor. Safety, incidentally, is the first integrant on which school officials must be reassured. Despite the urgency of scholastic small arms training programs and the obvious need of such training in war-time, there are men who still fear to authorize rifle shooting because it is "dangerous."

The rather startling fact that riflery is the safest of all interscholastic and intramural activities cannot be repeated often enough. *There has never been an accident on a secondary school or camp rifle range supervised by an N. R. A. certified instructor!* More students are injured moving from one class to another or slipping in bathtubs!

Basic rifle instruction using the

.22 caliber rifle as a training weapon is one of the approved pre-induction training activities advocated by the War Department in secondary school training programs. The 14-hour basic training course worked out by the N. R. A. and available in the form of a complete instruction guide and textbook with accompanying wall charts, is the program recommended.

Where time and facilities permit, this 14-hour basic course should be supplemented by the regular N. R. A. qualification and competition program. As in every other activity requiring mechanical skill, the basic principles of rifle shooting can be acquired during a short, intensive instruction course, but real skill and confidence in the handling of the rifle can only be acquired through continued practice.

At its meeting in Washington on July 22, the executive committee of the N. R. A. showed considerable interest in the suggestion that college scholarships be awarded to outstanding secondary school riflemen. A special advisory committee consisting of men prominent in the secondary school world has been organized to advise the Association with regard to the most desirable method of setting up such scholarships. The Association will be glad to hear from school rifle team coaches with regard to possible plans for administering rifle shooting scholarship awards.

"Rifle shooting is literally the 'all-American' sport," writes **JOHN M. CAVILLE,**

*of Davis High School,  
Mount Vernon, N. Y.*



Scholastic Coach  
220 east 42nd Street  
New York 17, N.Y.

Gentlemen:

Yes, interest in rifle shooting has increased rapidly at Davis High School in recent years.

About two years ago, under National Rifle Association sponsorship, we started a course in marksmanship training for a group of ten students. Since then we have conducted four Basic Small Arms Courses with an average enrollment of fifteen students. Twelve of the boys who graduated from these courses are now serving in the armed forces of our country, and it is comforting to know that these lads were at least partially prepared for their present task. We have also formed the A. B. Davis High School Rifle Club, with a present membership of thirty and a waiting list of as many more.

Rifle shooting is a sport in which every youngster, tall or short, robust or frail, has an equal chance to compete for top score. For that reason I think that rifle shooting is literally the "all-American" sport.

Yours very truly,

*John M. Caville*  
John M. Caville



Remington Model 513T bolt action target rifle, completely equipped for the range, and Remington 22's with Kleanbore\* priming.



\*REG. U. S. PAT. OFF.

**Remington**



SC 9-44

Rifle Promotion Section  
Remington Arms Company, Inc.  
Bridgeport 2, Conn.

Please send me, free, your Instructor's Manual on the operation of a rifle club.

Name.....

Address.....

School.....

City & State.....

**Wigwam**

Wigwam socks and Badger Award Sweaters have been favorites of coaches everywhere through the years. Their popularity has been built on quality of product — a quality that we pledge you shall always be maintained to the best of our ability.

We here salute those schools and those coaches who are carrying on their athletic schedules — even though these may of necessity be restricted. There is no better preparation than physical-contact sports for whatever our boys must tackle.

But when it's all over "over there" . . . well, nothing can hold back the dawn of a better day for us all.

### Athletic Socks for All Sports



We at Sheboygan are today working for the Army and the Navy, and furnishing our Government a very high percentage of our total output, and at the same time endeavoring to take care of normal trade requirements.

Due to this fortunate fact, most Sporting Goods Dealers are still able to handle reasonable requisitions for our products. Thus we hope the dealer nearest you may have stock to cover your needs.

In any event, having made every possible effort to take care of the trade, we cannot this year handle your orders through new dealers. So see a Wigwam and Badger Dealer — but see him early.

### Hand Knit Hosiery Co.

Sheboygan

Wisconsin



# STATE BASKETBALL REGULATIONS

by Charles W. Juergensmeyer

Charles Wesley Juergensmeyer prepared this study at the University of Kentucky as part of his Master of Arts thesis, "A Study of High School Football and Basketball Practice and Playing Seasons in Various States." The football aspect of his study was presented in "Scholastic Coach" last June.

**T**HREE are not nearly as many state rules governing the practice and playing seasons in basketball as there are in football. It would seem that the game is still in the hands of the coaches—who will start practice as early as possible, play as many games as they choose and enter as many tournaments as anyone will sponsor.

A nation-wide survey of state codes yields several interesting points. As in football, there are no sectional trends to speak of. In fact, there are fewer states with similar rules than were found in the football survey. This is probably to be expected, since neither the start of school nor weather conditions affect basketball as they do the grid sport.

#### Survey findings

- More than half the states have no rules regarding the start of practice. Among those which have rules, the earliest starting time is August 24 and the latest is January 1. This is probably the greatest inequality discovered in the survey.

- The same inequality exists in the opening of the playing season. Again more than half the states have no regulations. Among those that do, nearly all have a different date for the opening of the season.

- Only nine states limit the number of games played per week. Of these only one permits three; the others permit two. Four-fifths of the states impose no limit.

- The number of games per season is limited by eleven states, while three-fourths have no regulations. There is a great difference in the number permitted (14 to 30).

- Evidently the closing of the season is considered the most important phase of the basketball practice and playing seasons, since only 12 states do not regulate the closing time. The state tournament officially closes the season in more than a third of the states, and no state plays its last game later than April 1.

- More than half the states permit schools to enter as many tournaments as they desire. No state forbids tournaments, although three states rarely have any. Several states limit the tournaments to those sponsored by the state association.

#### Recommendations

In the light of the findings, the writer recommends the following regulations:

- Basketball practice should begin November 1, giving schools which do not play football a chance to play fall baseball, softball and touch football for about two months. This will keep the boys outdoors, prevent them from over-doing basketball and, at the same time, get them in condition for the sport.

- The playing season should begin December 1. That would give the coach a month for conditioning work and drill on fundamentals. If the season were opened earlier, the players would probably go stale by mid-season. Starting earlier would also crowd out the other fall sports and, in general, work against a well-balanced athletic program.

- No more than two scheduled games a week should be permitted, except in tournament play. This will assure the students of not losing too much time from school work and at the same time will safeguard their health.

- The season should consist of not more than 18 games exclusive of the tournament. The schedule should be arranged so that the teams will not have to take two long trips in succession.

- Tournament participation should be limited to those sponsored by the state association, and even these tournaments should be abandoned whenever feasible.

- The season should close with the state tournament or, if no such tourney is held, on or before March 15. The tournament makes a good finale for the season. Then, again, the early close enables the boys to go out for spring football, baseball and track. There is no overlapping or crowding out of spring sports.

---

*The detailed findings of the author's nation-wide survey are presented in tabular form on page 26.*

---

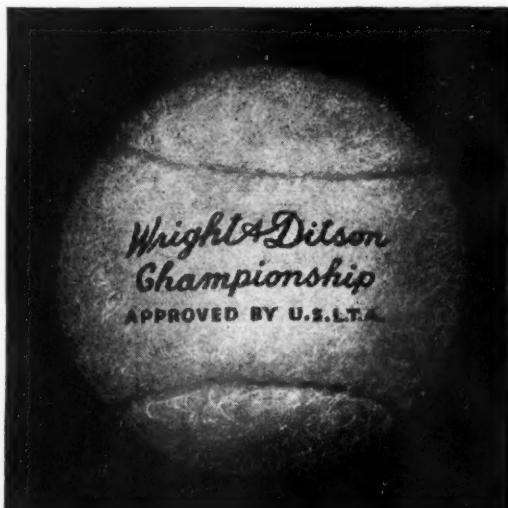


# Tennis World Acclaims Spalding Radio Coverage

• SPALDING won the applause of thousands of tennis fans who couldn't actually attend the National Tennis Championships at Forest Hills! For SPALDING brought them its accurate, vivid, play-by-play radio coverage of the Semi-Finals and Finals for two full hours each day. SPALDING tennis reporting by those two gifted veterans of radio and tennis—Harry Wismar and "Lev" Richards—made the matches "live" for all who couldn't attend.

Thrilling play-by-play descriptions... the voices of tennis champions—past and present... anecdotes about tennis history during the intervals... a host of sports celebrities "candid microphoning" from the stands... all these welcome features made SPALDING'S coast-to-coast broadcasts of the National Tennis Championships an outstanding contribution to tennis! No one but SPALDING has ever brought to the American tennis public so much exciting tennis at one time!

**A. G. SPALDING & BROS . . . A. J. REACH, WRIGHT & DITSON**  
DIVISIONS OF SPALDING SALES CORPORATION



Wright & Ditson  
Championship  
APPROVED BY U.S.L.T.A.

## Champion for the 58th Consecutive Year!

Yes, as usual, the championships were won with reliable, dependable Wright & Ditson official tennis balls—the *only* make of tennis balls so honored by the National Tennis Championships for 58 consecutive years!

# WRIGHT & DITSON

ONLY OFFICIAL BALL OF THE CHAMPIONSHIPS

## A SURVEY OF HIGH SCHOOL BASKETBALL PRACTICE AND PLAYING SEASONS

*(Continued from page 24)*

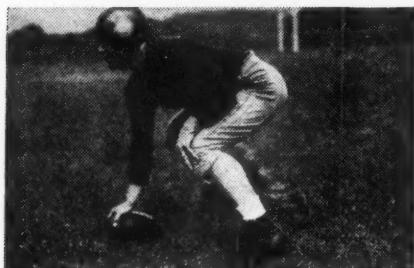
| State         | Open Practice                      | Open Play                                 | Games Per Week        | Games Per Season               | Close Season               | Number of Tournaments                   |
|---------------|------------------------------------|---|-----------------------|--------------------------------|----------------------------|---|
| ALABAMA       | No rule                            | After two wks. pract.                     | Not more than two     | No limit                       | With st. tourn.            | No rule                                 |
| ARIZONA       | No rule                            | No rule                                   | No rule               | No limit                       | No rule                    | Two                                     |
| ARKANSAS      | No rule                            | No rule                                   | No rule               | No limit                       | Second Sat. in Mar.        | No rule                                 |
| CALIFORNIA    | Jan. 1                             | Jan. 15                                   | No rule               | No limit                       | Mar. 1                     | Seldom have any                         |
| COLORADO      | No rule                            | No rule                                   | No rule               | No limit                       | Mar. 15                    | No rule                                 |
| CONNECTICUT   | Nov. 15                            | No rule                                   | No rule               | No limit                       | Apr. 1                     | One                                     |
| DELAWARE      | Dec.                               | Jan. 1                                    | Not more than two     | No limit                       | Around Mar. 1              | None                                    |
| FLORIDA       | No rule                            | Jan. 1                                    | No rule               | 20                             | With st. tourn.            | Three                                   |
| GEORGIA       | No rule                            | No rule                                   | Two except tournament | 30                             | No rule                    | One besides dist.                       |
| IDAHO         | Dec. 1                             | No rule                                   | No rule               | No limit                       | Mar. 25                    | No rule                                 |
| ILLINOIS      | No rule                            | No rule                                   | No rule               | No limit                       | With st. tourn. or Mar. 20 | No rule                                 |
| INDIANA       | First day of school                | Nov. 1, if after ten days practice        | No rule               | 18                             | With st. tourn.            | Two besides st. if 1 counts in 18 games |
| IOWA          | Aug. 24                            | After Aug. 24                             | Two                   | No limit                       | With st. tourn.            | Dist., st., co., sect.                  |
| KANSAS        | No rule                            | No rule                                   | No rule               | No limit                       | With tourn.                | No rule                                 |
| KENTUCKY      | No rule                            | No rule                                   | No rule               | No limit                       | No rule                    | No rule                                 |
| LOUISIANA     | No rule                            | No rule                                   | No rule               | No limit                       | No rule                    | No rule                                 |
| MAINE         | No rule                            | No rule                                   | No rule               | No limit                       | No rule                    | No rule                                 |
| MICHIGAN      | No rule                            | Thanksg. week or Nov. 15 if play football | Two                   | 14 if play football, 17 if not | With st. tourn.            | No rule                                 |
| MINNESOTA     | No rule                            | No rule                                   | No rule               | No limit                       | With st. tourn.            | Dist., reg., st.                        |
| MISSISSIPPI   | No rule                            | No rule                                   | No rule               | No limit                       | Not later than Mar. 15     | No rule                                 |
| MISSOURI      | No rule                            | No rule                                   | No rule               | 16                             | No rule                    | Five                                    |
| MONTANA       | After close of football            | Jan. 4                                    | Two                   | No limit                       | Mar. 1                     | Usually none                            |
| NEBRASKA      | No rule                            | No rule                                   | No rule               | No limit                       | Ten days after st. tourn.  | No rule                                 |
| NEVADA        | Dec. 1                             | Dec. 15                                   | Two                   | No limit                       | Mar. 15                    | Three dist., one st.                    |
| NEW HAMPSHIRE | No rule                            | No rule                                   | No rule               | No limit                       | No rule                    | One                                     |
| NEW JERSEY    | No rule                            | Dec. 1                                    | No rule               | No limit                       | Apr. 1                     | No rule                                 |
| NEW MEXICO    | No rule                            | No rule                                   | No rule               | No limit                       | No rule                    | One besides dist. and st.               |
| NEW YORK      | Nov. 1                             | After two weeks practice                  | No rule               | 18                             | Apr. 1                     | No rule                                 |
| NORTH DAKOTA  | No rule                            | About Thanksg.                            | No rule               | No limit                       | Second or third week Mar.  | No rule                                 |
| OHIO          | No rule                            | No rule                                   | No rule               | No limit                       | With st. tourn.            | No rule                                 |
| OKLAHOMA      | No rule                            | No rule                                   | No rule               | No limit                       | With st. tourn.            | No rule                                 |
| OREGON        | First Mon. after last Sat. in Nov. | First Mon. after last Sat. in Nov.        | No rule               | No limit                       | With st. tourn.            | No rule                                 |
| PENNSYLVANIA  | No rule                            | No rule                                   | No rule               | No limit                       | No rule                    | No rule                                 |
| RHODE ISLAND  | Three weeks after football         | About Jan. 1                              | Two                   | 20                             | About Mar. 1               | St.                                     |
| SOUTH DAKOTA  | No rule                            | No rule                                   | No rule               | No limit                       | With st. tourn.            | No rule                                 |
| TEXAS         | No rule                            | No rule                                   | No rule               | No limit                       | With st. tourn.            | Three invit., dist., st.                |
| VIRGINIA      | No rule                            | No rule                                   | No rule               | 20                             | With st. tourn.            | No rule                                 |
| WASHINGTON    | After first Sat. after Thanksg.    | No rule                                   | No rule               | No limit                       | With st. tourn.            | No rule                                 |
| WEST VIRGINIA | No rule                            | Dec. 1                                    | No rule               | 20                             | With st. tourn.            | No rule                                 |
| WISCONSIN     | Oct. 15                            | Nov. 1                                    | No rule               | 18                             | Last day of st. tourn.     | No rule                                 |
| WYOMING       | Dec. 15                            | After Dec. 15                             | Three                 | 24                             | Mar. 20                    | Two                                     |

# T-Formation Magic!

## IN A NEW Keds Bulletin

by Coach FRANK LEAHY

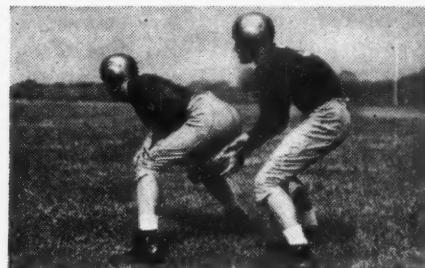
THE mightiest formation in Football is the T-Formation. What it is, how it works and why it is so successful are all in the newest Keds Sports Department Bulletin, written by Frank Leahy. "Football—The T-Formation" contains continuous photographs and diagrams of the formation and each player's maneuvers—the action that made the Notre Dame "T" such a potent winner on the gridiron last Football season. Chapter headings are: "How to Play Center", "Quarterback, Key to the 'T'", "Man in Motion", "Halfback and Fullback", "Quarterback Strategy" and "Select T-Formation Plays". To get your free copy of Keds Sports Department Bulletin No. 8—"Football—The T-Formation", fill in the coupon below.



*Stance of the center in the Notre Dame T-Formation*



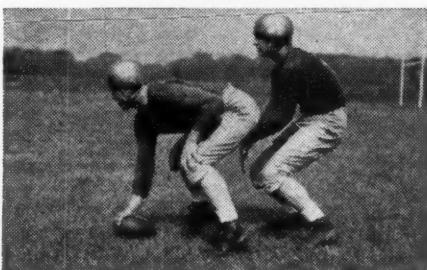
*Closeup of the center's grip on the ball*



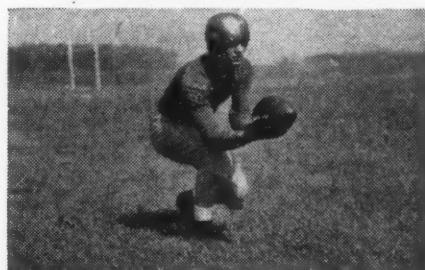
*How the ball is passed to the quarterback*



*Stance of the quarterback*



*Quarterback and center before the ball is passed*



*Quarterback in position to feed the ball to a halfback*



**REMEMBER "U. S." KEDS?** Remember how sure-footed you felt in Keds? Remember how flexible, light and "natural" they were? Remember the comfort of Keds' shock-proof insoles and cool uppers? Right now—Keds are at war in footwear for our fighting men across the Atlantic and across the Pacific. But Keds—and the happiness they bring to active feet—will be back. What a day that will be!

**"U.S." Keds** REG. U.S. PAT. OFF.  
THE SHOE OF CHAMPIONS

**UNITED STATES RUBBER COMPANY**

1230 Sixth Avenue • Rockefeller Center • New York 20, N.Y.

KEDS SPORTS DEPARTMENT  
1230 Sixth Avenue, New York 20, N.Y.

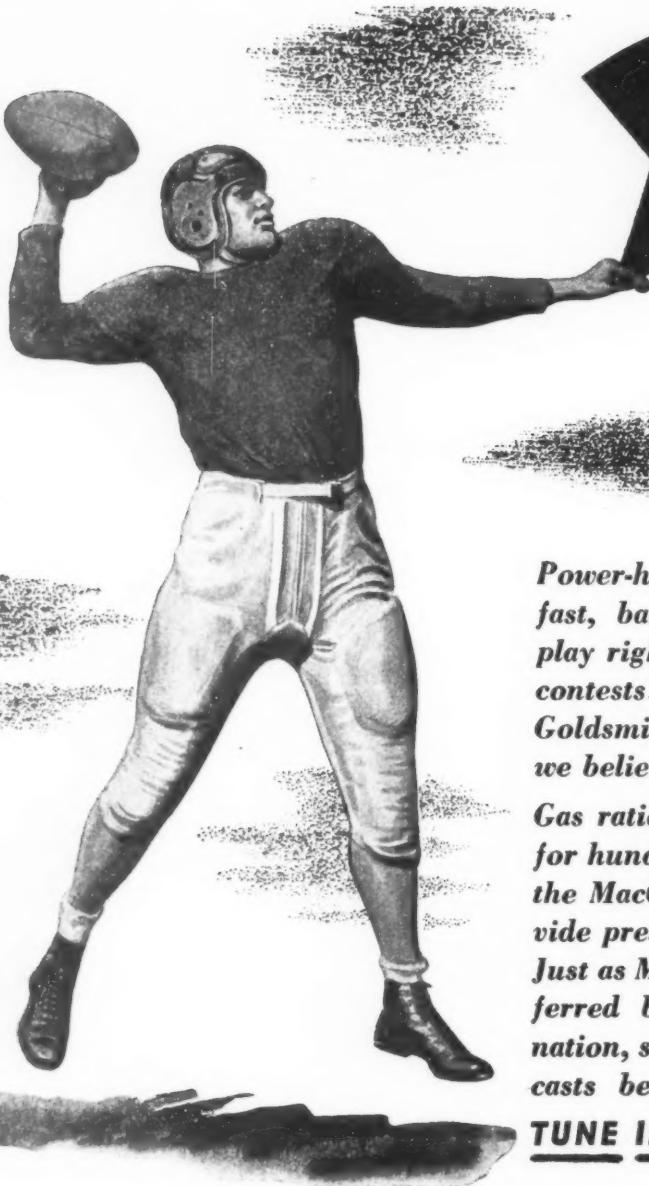
Please send me my copy, without charge, of Keds Sports Department Bulletin No. 8, "Football—The T-Formation."

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

County \_\_\_\_\_ State \_\_\_\_\_



# 1944's Most

*Power-house football at its best . . . speed . . . finesse . . . fast, bang-up football action from the first exciting play right down through a heavy schedule of top-notch contests! That's the attractive sports dish MacGregor-Goldsmith is serving this year — the best football show, we believe, ever to be put on the air!*

*Gas rationing may close the grandstands and bleachers for hundreds of thousands of regular fans this year, but the MacGregor-Goldsmith series of broadcasts will provide press-box seats for fans at the twist of a radio dial! Just as MacGregor-Goldsmith Athletic Equipment is preferred by coaches and players alike throughout the nation, so will the MacGregor-Goldsmith Football Broadcasts be first choice of radio listeners this season.*

**TUNE IN!** Consult your local newspaper for time of broadcast.



# Important Football Games

PLAY-BY-PLAY . . . PRESENTED BY

## MacGREGOR-GOLDSMITH INC.

*HERE'S THE THRILL PACKED 10 GAME SCHEDULE*



DICK BRAY, ace WLW  
sports announcer, will be at  
the mike!

BUY MORE WAR BONDS  
AND FINISH THE JOB!



AWARDED  
SPORT PRODUCTS INC.  
MANUFACTURERS

- SEPT. 30—INDIANA AT MICHIGAN  
WLW, Cincinnati, WJR, Detroit, WJJD, Chicago
- OCT. 7—TULANE AT NOTRE DAME  
WLW, Cincinnati, WJR, Detroit, WJJD, Chicago,  
WNOE, New Orleans
- OCT. 14—NORTHWESTERN AT MICHIGAN  
WLW, Cincinnati, WJR, Detroit, WJJD, Chicago
- OCT. 21—WISCONSIN AT NOTRE DAME  
WLW, Cincinnati, WJR, Detroit, WJJD, Chicago,  
also the entire Wisconsin Net Work
- OCT. 28—NOTRE DAME AT ILLINOIS  
WLW, Cincinnati, WJR, Detroit, WJJD, Chicago,  
WDWS, Champaign
- NOV. 4—NOTRE DAME VS. NAVY AT BALTIMORE  
WLW, Cincinnati, WJR, Detroit, WJJD, Chicago,  
WRR, Dallas  
KSD, St. Louis, WDAF, Kansas City, KFJZ, Ft. Worth,  
WNOE, New Orleans
- NOV. 11—PITTSBURGH AT OHIO STATE  
WLW, Cincinnati, WJR, Detroit, WJJD, Chicago,  
WHKC, Columbus, WCAE, Pittsburgh
- NOV. 18—NORTHWESTERN AT NOTRE DAME  
WLW, Cincinnati, WJR, Detroit, WJJD, Chicago
- NOV. 25—MICHIGAN AT OHIO STATE  
WLW, Cincinnati, WJR, Detroit, WJJD, Chicago
- DEC. 2—GREAT LAKES AT NOTRE DAME  
WLW, Cincinnati, WJR, Detroit, WJJD, Chicago

**GoldSmith**  
*Preferred*  
SPORTS EQUIPMENT

**MACGREGOR-GOLDSMITH INC.**  
CINCINNATI 14, OHIO, U.S.A.

# A HIGH SCHOOL TESTING PROGRAM

By W. J. Huffman and R. H. Johnson

Warren J. Huffman and Ralph H. Johnson are physical education instructors at the University of Illinois.

**O**NE of the major objectives of the Illinois State high school health and physical education program is the development of physical condition or physical efficiency through directed muscular activity.

Under the supervision of R. O. Duncan, state director of physical education, test items which might to some degree measure status and progress in physical condition were studied during the fall of 1943. Many testing programs and specific tests were surveyed and five items selected for experimental use and trial in the schools.

1. Pull-ups — measure arm and shoulder flexor muscles.

2. Squat jumps — measure leg strength, endurance, and coordination.

3. Sit-ups — measure abdominal strength.

4. Push-ups — measure arm and shoulder extension muscles.

5. One Mile Run—measures cardio-respiratory endurance.

Criteria used to select the five items were:

1. Requires simple, inexpensive equipment.

2. Requires a minimum of time.

3. Measures different phases of physical condition with each item measuring a specific phase.

4. Safe for unskilled or poorly conditioned boys and does not depend on previously acquired skills.

5. Easy to conduct and administer.

6. Such that standard scoring methods can be used.

The five test items were given to 12,000 Illinois high school boys last spring by their physical education teachers and coaches. The results were returned to the state physical education office. They were tabulated at the University of Illinois, and standard scales devised.

## General instructions

1. Because of the vigorous nature of the tests, every student should be required to pass a satisfactory medical examination.

2. No student should take the test until he has engaged in a week or two of conditioning activities, including running.

Tests and scoring scales for classification and measurement of improvement in physical education

3. The instructor should demonstrate all items except the mile run.

4. As the boys report, their names, ages (yrs. and mos.), height (inches), and weight should be recorded.

5. The boys should then be assigned partners to check their score on each of the first four items.

6. The instructor records the score for each item as reported by the partner.

7. The test should be given so that each performer is allowed a short rest period between items.

8. Each student should be allowed only one trial on each item.

9. The first four items should be given during one class period, and the mile run given during the next scheduled period.

## Technical instructions

### 1. Pull-ups

A. Bar should be grasped with palms facing away from student and body extended and relaxed.

B. One score is recorded each time student pulls chin above bar.

C. Body should then be lowered so that arms are completely extended and elbows straight.

D. One-half chin is scored if student pulls almost up to bar or if he fails to extend arms. When individual makes four consecutive half-chins, he should be halted.

### 2. Squat Jumps

A. Starting position: Full squat position, fingers locked and placed on top of head, feet several inches apart with rear toe opposite heel of forward foot.

B. Student jumps upward from squat and comes down to a squat again in a continuous movement.

C. Exercise is repeated with position of feet reversed after each jump; student continues until he chooses to stop.

D. Student must be erect on each upward jump, and feet should come off ground several inches.

E. Total number of complete movements represents score.

### 3. Sit-ups

A. Starting position: Back lying position, knees straight, hands

clasped under head, and feet spread approximately 18 inches with partner kneeling between feet to hold ankles down.

B. Student sits up and touches left elbow to right knee on first movement, and returns immediately to back lying position.

C. Exercise is repeated with student touching right elbow to left knee, and then continues with alternate knee touching until he chooses to stop.

### 4. Push-ups

A. Starting position is front leaning rest.

B. One push-up is scored each time student lowers chest to floor and pushes up to starting position.

C. Only chest should touch floor and entire body should be kept in straight line.

### 5. One Mile Run

A. Should be conducted on quarter mile track if possible.

B. Class should be started together. They should be told that their times will be called out at finish line and that each should report it to the instructor.

C. Each boy should finish even though he walk part of distance.

## How to score results

**Scoring Example:** The boy selected was 15 years 7 months old. His records on the test were 8 pull-ups, 40 squat jumps, 51 sit-ups, 31 push-ups, and 6:19 for the mile.

Using the scales for 15-year-old boys, it was found that 8 pull-ups gave a standard score of 58 points; 40 squat jumps, 53 points; 51 sit-ups, 55 points. (In cases where the actual score is not given, use the next lower score.) Thirty-one push-ups gave the boy 79 points, and a 6:19 mile run was 62 points.

Adding the five standard scores, the boy's total score was 307 points. This placed him in the upper half of that age group.

The standard scoring scales for the various age levels will be found on pages 32, 34 and 36. Standard scores below 14 were omitted because of space limitations.

# For Best Results

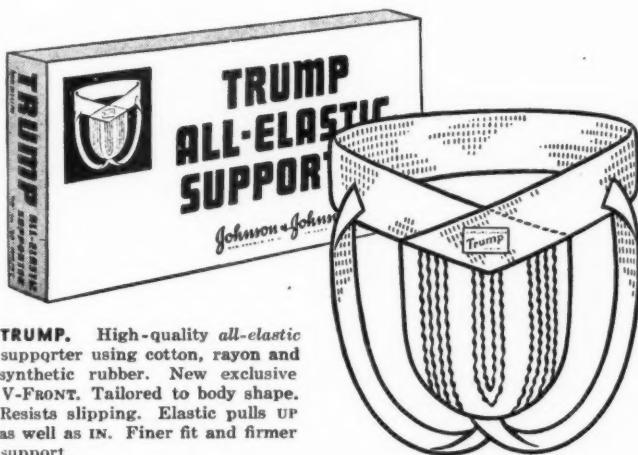
**BUY ALL-ELASTIC SUPPORTERS**



**ONLY**



## TWO J. & J. LEADERS



**TRUMP.** High-quality all-elastic supporter using cotton, rayon and synthetic rubber. New exclusive V-FRONT. Tailored to body shape. Resists slipping. Elastic pulls UP as well as IN. Finer fit and firmer support.



**SWIMMER.** Light-weight all-elastic supporter with narrow waistband and legstraps. Special overlapped front provides double strength across abdomen and smooth, easy fit. Firm mesh pouch. Cool, comfortable, quick drying.

See your dealer.

**T**hat is our frank advice to you, even in wartime, because we believe that all-elastic supporters best serve their purpose.

Of course, we could make and sell a much larger volume of non-elastic or part-elastic supporters — if we were to lower quality standards. Natural rubber yarn and webbing are no longer available and supplies of the new synthetic rubber yarn are still limited.

**But**, these new elastic webbings are in most ways equal to pre-war natural rubber products — and in some ways superior. They allow 80% to 100% stretch with complete recovery. They enable us to continue to offer all-elastic supporters that meet your needs with true Johnson & Johnson efficiency.

Production is increasing but demand is unprecedented. If there is some delay in meeting your requirements, please be patient; we are doing our best for Uncle Sam and for you.

**Johnson & Johnson**  
NEW BRUNSWICK, N. J. CHICAGO, ILL.

### STANDARDS OF PERFORMANCE FOR 13-YEAR-OLDS

| Standard Scores | Pull Ups | Squat Jumps | Sit Ups | Push Ups | Mile Run | Total Score |
|-----------------|----------|-------------|---------|----------|----------|-------------|
| 100             | 11.5     | 80          | 111     | 33       | 4:40     | 500         |
| 99              |          | 79          | 109     |          | 4:43     | 495         |
| 98              |          | 78          | 108     |          | 4:46     | 490         |
| 97              | 11       | 77          | 106     | 32       | 4:50     | 485         |
| 96              |          | 76          | 105     |          | 4:53     | 480         |
| 95              |          | 75          | 103     |          | 4:57     | 475         |
| 94              | 10.5     | 74          | 102     | 31       | 5:00     | 470         |
| 93              |          | 73          | 101     |          | 5:04     | 465         |
| 92              |          | 72          | 99      | 30       | 5:07     | 460         |
| 91              | 10       | 71          | 98      |          | 5:11     | 455         |
| 90              |          | 70          | 96      |          | 5:14     | 450         |
| 89              |          | 69          | 95      | 29       | 5:18     | 445         |
| 88              |          | 68          | 93      |          | 5:21     | 440         |
| 87              | 9.5      | 67          | 92      | 28       | 5:25     | 435         |
| 86              |          | 66          | 91      |          | 5:28     | 430         |
| 85              |          | 65          | 89      |          | 5:32     | 425         |
| 84              | 9        | 64          | 88      | 27       | 5:35     | 420         |
| 83              |          | 63          | 86      |          | 5:39     | 415         |
| 82              |          | 62          | 85      | 26       | 5:42     | 410         |
| 81              | 8.5      | 61          | 84      |          | 5:45     | 405         |
| 80              |          | 60          | 82      |          | 5:49     | 400         |
| 79              |          | 59          | 81      | 25       | 5:52     | 395         |
| 78              | 8        | 58          | 79      |          | 5:56     | 390         |
| 77              |          | 57          | 78      |          | 5:59     | 385         |
| 76              |          | 55          | 76      | 24       | 6:03     | 380         |
| 75              |          | 54          | 75      |          | 6:06     | 375         |
| 74              | 7.5      | 53          | 74      | 23       | 6:10     | 370         |
| 73              |          | 52          | 72      |          | 6:13     | 365         |
| 72              |          | 51          | 71      |          | 6:17     | 360         |
| 71              | 7        | 50          | 69      | 22       | 6:20     | 355         |
| 70              |          | 49          | 68      |          | 6:24     | 350         |
| 69              |          | 48          | 66      | 21       | 6:27     | 345         |
| 68              |          | 47          | 65      |          | 6:31     | 340         |
| 67              | 6.5      | 46          | 64      |          | 6:34     | 335         |
| 66              |          | 45          | 62      | 20       | 6:38     | 330         |
| 65              |          | 44          | 61      |          | 6:41     | 325         |
| 64              | 6        | 43          | 59      | 19       | 6:45     | 320         |
| 63              |          | 42          | 58      |          | 6:48     | 315         |
| 62              |          | 41          | 57      |          | 6:52     | 310         |
| 61              | 5.5      | 40          | 55      | 18       | 6:55     | 305         |
| 60              |          | 39          | 54      |          | 6:59     | 300         |
| 59              |          | 38          | 52      | 17       | 7:02     | 295         |
| 58              | 5        | 37          | 51      |          | 7:06     | 290         |
| 57              |          | 36          | 49      |          | 7:09     | 285         |
| 56              |          | 35          | 48      | 16       | 7:13     | 280         |
| 55              |          | 34          | 47      |          | 7:16     | 275         |
| 54              | 4.5      | 33          | 45      | 15       | 7:20     | 270         |
| 53              |          | 32          | 44      |          | 7:23     | 265         |
| 52              |          | 31          | 42      |          | 7:26     | 260         |
| 51              | 4        | 30          | 41      | 14       | 7:30     | 255         |
| 50              |          | 29          | 39      |          | 7:33     | 250         |
| 49              |          | 28          | 38      | 13       | 7:36     | 245         |
| 48              | 3.5      | 27          | 37      |          | 7:40     | 240         |
| 47              |          | 26          | 35      |          | 7:43     | 235         |
| 46              |          | 25          | 34      | 12       | 7:47     | 230         |
| 45              |          | 24          | 32      |          | 7:51     | 225         |
| 44              | 3        | 23          | 31      | 11       | 7:54     | 220         |
| 43              |          | 22          | 30      |          | 7:57     | 215         |
| 42              |          | 20          | 28      |          | 8:01     | 210         |
| 41              |          | 19          | 27      | 10       | 8:05     | 205         |
| 40              |          | 18          | 25      |          | 8:08     | 200         |
| 39              |          | 17          | 24      | 9        | 8:12     | 195         |
| 38              | 2.5      | 16          | 22      |          | 8:15     | 190         |
| 37              |          | 15          | 21      |          | 8:19     | 185         |
| 36              |          | 14          | 20      | 8        | 8:22     | 180         |
| 35              |          | 13          | 18      |          | 8:26     | 175         |
| 34              |          | 12          | 17      | 7        | 8:29     | 170         |
| 33              |          | 11          | 15      |          | 8:33     | 165         |
| 32              | 2        |             | 14      |          | 8:36     | 160         |
| 31              |          |             | 13      | 6        | 8:40     | 155         |
| 30              |          | 10          | 12      |          | 8:43     | 150         |
| 29              |          |             | 11      |          | 8:46     | 145         |
| 28              |          |             | 10      | 5        | 8:50     | 140         |
| 27              | 9        | 9           |         |          | 8:53     | 135         |
| 26              |          |             | 8       |          | 8:57     | 130         |
| 25              |          |             |         | 7        | 9:00     | 125         |
| 24              | 1.5      | 8           |         | 4        | 9:04     | 120         |
| 23              |          |             |         |          | 9:07     | 115         |
| 22              |          |             |         |          | 9:11     | 110         |
| 21              |          | 7           | 6       |          | 9:14     | 105         |
| 20              |          |             |         |          | 9:18     | 100         |
| 19              |          |             |         |          | 9:21     | 95          |
| 18              |          | 6           |         | 3        | 9:25     | 90          |
| 17              |          |             |         | 5        | 9:28     | 85          |
| 16              | 1        |             |         |          | 9:32     | 80          |
| 15              |          |             | 5       |          | 9:35     | 75          |
| 14              |          |             |         |          | 9:39     | 70          |

### STANDARDS OF PERFORMANCE FOR 14-YEAR-OLDS

| Standard Scores | Pull Ups | Squat Jumps | Sit Ups | Push Ups | Mile Run | Total Score |
|-----------------|----------|-------------|---------|----------|----------|-------------|
| 100             | 15       | 82          | 109     | 37       | 4:35     | 500         |
| 99              | 14.5     | 81          | 108     |          | 4:36     | 495         |
| 98              |          | 80          | 106     | 36       | 4:37     | 490         |
| 97              |          | 79          | 105     |          | 4:38     | 485         |
| 96              | 14       | 78          | 104     | 35       | 4:39     | 480         |
| 95              |          | 77          | 102     |          | 4:40     | 475         |
| 94              | 13.5     | 76          | 101     | 34       | 4:41     | 470         |
| 93              |          | 75          | 99      |          | 4:43     | 465         |
| 92              |          | 74          | 98      | 33       | 4:45     | 460         |
| 91              | 13       | 73          | 97      |          | 4:47     | 455         |
| 90              |          | 72          | 95      |          | 4:49     | 450         |
| 89              |          | 71          | 94      | 32       | 4:53     | 445         |
| 88              | 12.5     | 70          | 92      |          | 4:57     | 440         |
| 87              |          | 69          | 91      | 31       | 5:01     | 435         |
| 86              | 12       | 68          | 90      |          | 5:04     | 430         |
| 85              |          | 67          | 88      | 30       | 5:08     | 425         |
| 84              |          | 66          | 87      |          | 5:12     | 420         |
| 83              | 11.5     | 66          | 85      |          | 5:16     | 415         |
| 82              |          | 65          | 84      | 29       | 5:20     | 410         |
| 81              |          | 64          | 83      |          | 5:24     | 405         |
| 80              | 11       | 63          | 81      | 28       | 5:27     | 400         |
| 79              |          | 62          | 80      |          | 5:31     | 395         |
| 78              | 10.5     | 61          | 78      | 27       | 5:35     | 390         |
| 77              |          | 60          | 77      |          | 5:39     | 385         |
| 76              |          | 59          | 76      |          | 5:43     | 380         |
| 75              | 10       | 58          | 74      | 26       | 5:47     | 375         |
| 74              |          | 57          | 73      |          | 5:50     | 370         |
| 73              | 9.5      | 56          | 71      | 25       | 5:54     | 365         |
| 72              |          | 55          | 70      |          | 5:58     | 360         |
| 71              |          | 54          | 69      | 24       | 6:02     | 355         |
| 70              | 9        | 53          | 67      |          | 6:06     | 350         |
| 69              |          | 52          | 66      |          | 6:10     | 345         |
| 68              |          | 51          | 64      | 23       | 6:13     | 340         |
| 67              | 8.5      | 50          | 63      |          | 6:17     | 335         |
| 66              |          | 49          | 62      | 22       | 6:21     | 330         |
| 65              | 8        | 48          | 60      |          | 6:25     | 325         |
| 64              |          | 47          | 59      | 21       | 6:29     | 320         |
| 63              |          | 46          | 57      |          | 6:33     | 315         |
| 62              | 7.5      | 45          | 56      |          | 6:36     | 310         |
| 61              |          | 44          | 55      | 20       | 6:40     | 305         |
| 60              | 7        | 43          | 53      |          | 6:44     | 300         |
| 59              |          | 42          | 52      | 19       | 6:48     | 295         |
| 58              |          | 41          | 50      |          | 6:52     | 290         |
| 57              | 6.5      | 40          | 49      | 18       | 6:56     | 285         |
| 56              |          | 40          | 48      |          | 7:00     | 280         |
| 55              | 6        | 39          | 46      | 17       | 7:03     | 275         |
| 54              |          | 38          | 45      |          | 7:07     | 270         |
| 53              |          | 37          | 43      |          | 7:11     | 265         |
| 52              | 5.5      | 36          | 42      | 16       | 7:15     | 260         |
| 51              |          | 35          | 41      |          | 7:19     | 255         |
| 50              | 5        | 34          | 39      | 15       | 7:23     | 250         |
| 49              |          | 33          | 38      |          | 7:26     | 245         |
| 48              |          | 32          | 36      | 14       | 7:30     | 240         |
| 47              | 4.5      | 31          | 35      |          | 7:34     | 235         |
| 46              |          | 30          | 34      |          | 7:38     | 230         |
| 45              |          | 29          | 32      | 13       | 7:42     | 225         |
| 44              | 4        | 28          | 31      |          | 7:46     | 220         |
| 43              |          | 27          | 29      | 12       | 7:49     | 215         |
| 42              |          | 26          | 28      |          | 7:53     | 210         |
| 41              | 3.5      | 25          | 27      | 11       | 7:57     | 205         |
| 40              |          | 24          | 25      |          | 8:01     | 200         |
| 39              |          | 23          | 24      |          | 8:05     | 195         |
| 38              | 3        | 22          | 22      | 10       | 8:09     | 190         |
| 37              |          | 21          | 21      |          | 8:12     | 185         |
| 36              |          | 20          | 20      | 9        | 8:16     | 180         |
| 35              | 2.5      | 19          | 18      |          | 8:20     | 175         |
| 34              |          | 18          | 17      | 8        | 8:24     | 170         |
| 33              |          | 17          | 15      |          | 8:28     | 165         |
| 32              |          | 16          | 14      |          | 8:32     | 160         |
| 31              |          | 15          | 13      | 7        | 8:36     | 155         |
| 30              |          | 14          | 12      |          | 8:39     | 150         |
| 29              |          |             | 11      | 6        | 8:43     | 145         |
| 28              | 2        | 13          | 10      |          | 8:47     | 140         |
| 27              |          | 12          | 9       |          | 8:51     | 135         |
| 26              |          | 11          | 8       |          | 8:55     | 130         |
| 25              |          | 10          | 7       | 5        | 8:59     | 125         |
| 24              |          |             | 9       |          | 9:02     | 120         |
| 23              |          |             |         |          | 9:06     | 115         |
| 22              |          |             | 8       |          | 9:10     | 110         |
| 21              | 1.5      |             | 6       |          | 9:14     | 105         |
| 20              |          |             | 7       | 4        | 9:18     | 100         |
| 19              |          |             |         |          | 9:22     | 95          |
| 18              |          | 6           |         | 5        | 9:25     | 90          |
| 17              |          | 5           |         |          | 9:29     | 85          |
| 16              | 1        |             | 9:32    |          | 9:33     | 80          |
| 15              |          | 5           |         | 3        | 9:37     | 75          |
| 14              |          |             | 1       |          | 9:41     | 70          |

TOTAL SCORES

|     |
|-----|
| 500 |
| 495 |
| 490 |
| 485 |
| 480 |
| 475 |
| 470 |
| 465 |
| 460 |
| 455 |
| 450 |
| 445 |
| 440 |
| 435 |
| 430 |
| 425 |
| 420 |
| 415 |
| 410 |
| 405 |
| 400 |
| 395 |
| 390 |
| 385 |
| 380 |
| 375 |
| 370 |
| 365 |
| 360 |
| 355 |
| 350 |
| 345 |
| 340 |
| 335 |
| 330 |
| 325 |
| 320 |
| 315 |
| 310 |
| 305 |
| 300 |
| 295 |
| 290 |
| 285 |
| 280 |
| 275 |
| 270 |
| 265 |
| 260 |
| 255 |
| 250 |
| 245 |
| 240 |
| 235 |
| 230 |
| 225 |
| 220 |
| 215 |
| 210 |
| 205 |
| 200 |
| 195 |
| 190 |
| 185 |
| 180 |
| 175 |
| 170 |
| 165 |
| 160 |
| 155 |
| 150 |
| 145 |
| 140 |
| 135 |
| 130 |
| 125 |
| 120 |
| 115 |
| 110 |
| 105 |
| 100 |
| 95  |
| 90  |
| 85  |
| 80  |
| 75  |
| 70  |

SEPTEMBER, 1944

33



## Here's why most Voit synthetic-rubber-covered athletic equipment is going to our fighting fronts!



### SERVICE SURFACE...

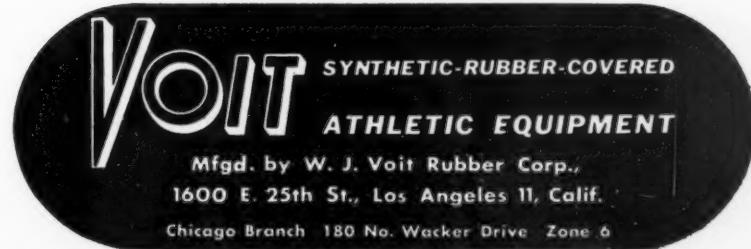
Our fighting men have to get their fun where they find it! You'll find them playing ball on rugged playing fields carved out of jungles, on rough, sandy beaches, on Central Pacific sharp coral atolls — on surfaces that quickly chew up athletic ball covers. Voit Synthetic-Rubber-Covered Athletic Equipment outwears other equipment on these rough surfaces.

In the extremely humid South Pacific jungles, where the annual average rainfall is 120 inches, the steaming dampness penetrates everywhere. Fungus growth and mildew attack everything within a few days. Even here, Voit Synthetic-Rubber-Covered Athletic Equipment does not deteriorate — it resists the ravages of high humidity, fungus, and mildew.

In many places where our men are fighting, it's hot — as hot as 140° in some spots. Voit Synthetic-Rubber-Covered Athletic Equipment resists this intense heat which dries out other balls.

Thus climatic and surface conditions that "play havoc" with ordinary equipment simply mean "play ball" for Voit Synthetic-Rubber-Covered Athletic Equipment. In this way, Voit helps make morale-building athletic programs possible for our fighting men all over the world. That's why they're getting the big bulk of Voit output — why there's only a limited supply of Voit Basketballs, Footballs, Soccer Balls, Volley Balls, Soft Balls, Water Polo Balls, and Home Plates available for essential civilian users.

Write for illustrated price list today.



Watch for an early announcement about the famous Voit PG series — inflated Playground Balls — soon ready, made of synthetic rubber.

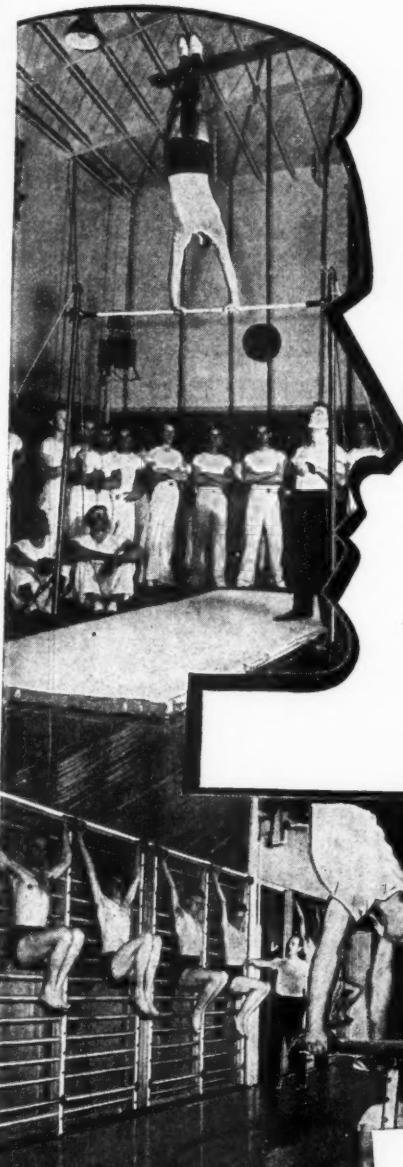
**BUY WAR BONDS  
REGULARLY**

## STANDARDS OF PERFORMANCE FOR 15-YEAR-OLDS

| Standard Scores | Pull Ups | Squat Jumps | Sit Ups | Push Ups | Mile Run | Total Score |
|-----------------|----------|-------------|---------|----------|----------|-------------|
| 100             | 17       | 88          | 115     | 41       | 4:32     | 500         |
| 99              |          | 87          | 114     |          | 4:33     | 495         |
| 98              | 16.5     | 86          | 113     | 40       | 4:34     | 490         |
| 97              |          | 85          | 111     |          | 4:35     | 485         |
| 96              | 16       | 84          | 110     | 39       | 4:36     | 480         |
| 95              |          | 83          | 108     |          | 4:37     | 475         |
| 94              |          | 82          | 107     |          | 4:38     | 470         |
| 93              | 15.5     | 81          | 105     | 38       | 4:39     | 465         |
| 92              |          | 80          | 104     |          | 4:40     | 460         |
| 91              | 15       | 79          | 102     | 37       | 4:41     | 455         |
| 90              |          | 78          | 101     |          | 4:43     | 450         |
| 89              | 14.5     | 77          | 100     | 36       | 4:44     | 445         |
| 88              |          | 76          | 98      |          | 4:45     | 440         |
| 87              |          | 75          | 97      | 35       | 4:46     | 435         |
| 86              | 14       | 74          | 95      |          | 4:47     | 430         |
| 85              |          | 73          | 94      | 34       | 4:51     | 425         |
| 84              | 13.5     | 72          | 92      |          | 4:55     | 420         |
| 83              |          | 71          | 91      | 33       | 4:59     | 415         |
| 82              |          | 70          | 89      |          | 5:03     | 410         |
| 81              | 13       | 68          | 88      | 32       | 5:07     | 405         |
| 80              |          | 67          | 86      |          | 5:10     | 400         |
| 79              | 12.5     | 66          | 85      | 31       | 5:14     | 395         |
| 78              |          | 65          | 84      |          | 5:18     | 390         |
| 77              | 12       | 64          | 82      |          | 5:22     | 385         |
| 76              |          | 63          | 81      | 30       | 5:26     | 380         |
| 75              |          | 62          | 79      |          | 5:30     | 375         |
| 74              | 11.5     | 61          | 78      | 29       | 5:33     | 370         |
| 73              |          | 60          | 76      |          | 5:37     | 365         |
| 72              | 11       | 59          | 75      | 28       | 5:41     | 360         |
| 71              |          | 58          | 73      |          | 5:45     | 355         |
| 70              | 10.5     | 57          | 72      | 27       | 5:49     | 350         |
| 69              |          | 56          | 71      |          | 5:53     | 345         |
| 68              |          | 55          | 69      | 26       | 5:57     | 340         |
| 67              | 10       | 54          | 68      |          | 6:00     | 335         |
| 66              |          | 53          | 66      | 25       | 6:04     | 330         |
| 65              | 9.5      | 52          | 65      |          | 6:08     | 325         |
| 64              |          | 51          | 63      | 24       | 6:12     | 320         |
| 63              | 9        | 50          | 62      |          | 6:16     | 315         |
| 62              |          | 49          | 60      | 23       | 6:20     | 310         |
| 61              |          | 48          | 59      |          | 6:23     | 305         |
| 60              | 8.5      | 47          | 58      | 22       | 6:27     | 300         |
| 59              |          | 46          | 56      |          | 6:31     | 295         |
| 58              | 8        | 45          | 55      |          | 6:35     | 290         |
| 57              |          | 44          | 53      | 21       | 6:39     | 285         |
| 56              | 7.5      | 43          | 52      |          | 6:43     | 280         |
| 55              |          | 42          | 50      | 20       | 6:46     | 275         |
| 54              |          | 41          | 49      |          | 6:50     | 270         |
| 53              | 7        | 40          | 47      | 19       | 6:54     | 265         |
| 52              |          | 38          | 46      |          | 6:58     | 260         |
| 51              | 6.5      | 37          | 45      | 18       | 7:02     | 255         |
| 50              |          | 36          | 43      |          | 7:06     | 250         |
| 49              |          | 35          | 42      | 17       | 7:09     | 245         |
| 48              | 6        | 34          | 40      |          | 7:13     | 240         |
| 47              |          | 33          | 39      | 16       | 7:17     | 235         |
| 46              | 5.5      | 32          | 37      |          | 7:21     | 230         |
| 45              |          | 31          | 36      | 15       | 7:25     | 225         |
| 44              | 5        | 30          | 34      |          | 7:29     | 220         |
| 43              |          | 29          | 33      | 14       | 7:33     | 215         |
| 42              |          | 28          | 32      |          | 7:36     | 210         |
| 41              | 4.5      | 27          | 30      |          | 7:40     | 205         |
| 40              |          | 26          | 29      | 13       | 7:44     | 200         |
| 39              | 4        | 25          | 27      |          | 7:48     | 195         |
| 38              |          | 24          | 26      | 12       | 7:52     | 190         |
| 37              | 3.5      | 23          | 24      |          | 7:56     | 185         |
| 36              |          | 22          | 23      |          | 7:59     | 180         |
| 35              |          | 21          | 21      |          | 8:03     | 175         |
| 34              | 3        | 20          | 20      | 10       | 8:07     | 170         |
| 33              |          | 19          | 19      |          | 8:11     | 165         |
| 32              | 2.5      | 18          | 17      | 9        | 8:15     | 160         |
| 31              |          | 17          | 16      |          | 8:19     | 155         |
| 30              |          | 16          | 14      | 8        | 8:23     | 150         |
| 29              |          | 15          | 13      |          | 8:26     | 145         |
| 28              |          | 14          | 12      | 7        | 8:30     | 140         |
| 27              |          | 13          | 11      |          | 8:34     | 135         |
| 26              | 2        | 12          | 10      |          | 8:38     | 130         |
| 25              |          | 11          | 9       | 6        | 8:42     | 125         |
| 24              |          | 10          |         |          | 8:45     | 120         |
| 23              |          |             | 8       |          | 8:49     | 115         |
| 22              |          | 9           |         |          | 8:53     | 110         |
| 21              |          |             | 5       |          | 8:57     | 105         |
| 20              | 1.5      | 8           | 7       |          | 9:01     | 100         |
| 19              |          |             |         |          | 9:07     | 95          |
| 18              |          | 7           |         |          | 9:09     | 90          |
| 17              |          |             | 6       | 4        | 9:12     | 85          |
| 16              |          | 6           |         |          | 9:16     | 80          |
| 15              |          |             |         |          | 9:20     | 75          |
| 14              |          | 1           | 5       | 5        | 9:24     | 70          |

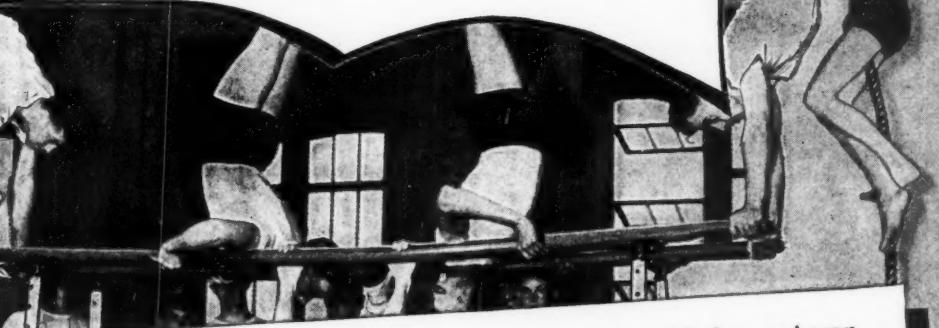
## STANDARDS OF PERFORMANCE FOR 16-YEAR-OLDS

| Standard Scores | Pull Ups | Squat Jumps | Sit Ups | Push Ups | Mile Run | Total Score |
|-----------------|----------|-------------|---------|----------|----------|-------------|
| 100             | 17       | 85          | 108     | 44       | 4:30     | 500         |
| 99              |          | 84          | 107     |          | 4:31     | 495         |
| 98              | 16.5     | 83          | 106     | 43       | 4:32     | 490         |
| 97              |          | 82          | 104     |          | 4:33     | 485         |
| 96              |          | 81          | 103     | 42       | 4:34     | 480         |
| 95              | 16       | 80          | 102     |          | 4:35     | 475         |
| 94              |          | 79          | 100     | 41       | 4:36     | 470         |
| 93              | 15.5     | 78          | 99      |          | 4:37     | 465         |
| 92              |          | 77          | 98      | 40       | 4:38     | 460         |
| 91              |          | 76          | 96      |          | 4:39     | 455         |
| 90              | 15       | 75          | 95      | 39       | 4:40     | 450         |
| 89              |          | 74          | 94      |          | 4:43     | 445         |
| 88              | 14.5     | 73          | 92      | 38       | 4:46     | 440         |
| 87              |          | 72          | 91      |          | 4:50     | 435         |
| 86              |          | 71          | 90      | 37       | 4:53     | 430         |
| 85              | 14       | 70          | 88      |          | 4:56     | 425         |
| 84              |          | 69          | 87      | 36       | 5:00     | 420         |
| 83              | 13.5     | 68          | 86      |          | 5:03     | 415         |
| 82              |          | 67          | 84      | 35       | 5:06     | 410         |
| 81              |          |             | 83      |          | 5:10     | 405         |
| 80              | 13       | 66          | 82      | 34       | 5:13     | 400         |
| 79              |          | 65          | 80      |          | 5:16     | 395         |
| 78              | 12.5     | 64          | 79      | 33       | 5:19     | 390         |
| 77              |          | 63          | 78      |          | 5:23     | 385         |
| 76              |          | 62          | 76      | 32       | 5:26     | 380         |
| 75              | 12       | 61          | 75      |          | 5:29     | 375         |
| 74              |          | 60          | 74      | 31       | 5:33     | 370         |
| 73              | 11.5     | 59          | 72      |          | 5:36     | 365         |
| 72              |          | 58          | 71      |          | 5:39     | 360         |
| 71              |          | 57          | 70      | 30       | 5:43     | 355         |
| 70              | 11       | 56          | 68      |          | 5:46     | 350         |
| 69              |          | 55          | 67      | 29       | 5:50     | 345         |
| 68              | 10.5     | 54          | 66      |          | 5:53     | 340         |
| 67              |          | 53          | 64      | 28       | 5:56     | 335         |
| 66              |          | 52          | 63      |          | 5:59     | 330         |
| 65              | 10       | 51          | 62      | 27       | 6:02     | 325         |
| 64              |          | 50          | 60      |          | 6:06     | 320         |
| 63              | 9.5      | 49          | 59      | 26       | 6:09     | 315         |
| 62              |          | 48          | 58      |          | 6:12     | 310         |
| 61              | 9        | 47          | 56      | 25       | 6:16     | 305         |
| 60              |          | 46          | 55      |          | 6:19     | 300         |
| 59              |          | 45          | 54      | 24       | 6:22     | 295         |
| 58              | 8.5      | 44          | 52      |          | 6:26     | 290         |
| 57              |          | 43          | 51      | 23       | 6:29     | 285         |
| 56              | 8        | 42          | 49      |          | 6:32     | 280         |
| 55              |          | 41          | 48      | 22       | 6:35     | 275         |
| 54              |          | 40          | 47      |          | 6:39     | 270         |
| 53              | 7.5      | 39          | 45      | 21       | 6:42     | 265         |
| 52              |          |             | 44      |          | 6:45     | 260         |
| 51              | 7        | 38          | 43      |          | 6:49     | 255         |
| 50              |          | 37          | 41      | 20       | 6:52     | 250         |
| 49              |          | 36          | 40      |          | 6:55     | 245         |
| 48              | 6.5      | 35          | 39      | 19       | 6:59     | 240         |
| 47              |          | 34          | 37      |          | 7:02     | 235         |
| 46              | 6        | 33          | 36      | 18       | 7:05     | 230         |
| 45              |          | 32          | 35      |          | 7:09     | 225         |
| 44              |          | 31          | 33      | 17       | 7:12     | 220         |
| 43              | 5.5      | 30          | 32      |          | 7:15     | 215         |
| 42              |          | 29          | 31      | 16       | 7:19     | 210         |
| 41              | 5        | 28          | 29      |          | 7:22     | 205         |
| 40              |          | 27          | 28      | 15       | 7:25     | 200         |
| 39              |          | 26          | 27      |          | 7:28     | 195         |
| 38              | 4.5      | 25          | 25      | 14       | 7:32     | 190         |
| 37              |          | 24          | 24      |          | 7:35     | 185         |
| 36              | 4        | 23          | 23      | 13       | 7:38     | 180         |
| 35              |          | 22          | 21      |          | 7:41     | 175         |
| 34              |          | 21          | 20      | 12       | 7:45     | 170         |
| 33              | 3.5      | 20          | 19      | 11       | 7:48     | 165         |
| 32              |          | 19          | 16      | 11       | 7:51     | 160         |
| 31              |          | 18          | 15      |          | 7:55     | 155         |
| 30              | 3        | 17          | 13      | 10       | 7:58     | 150         |
| 29              |          | 16          | 12      |          | 8:01     | 145         |
| 28              |          | 15          | 10      | 9        | 8:04     | 140         |
| 27              |          | 14          | 9       |          | 8:08     | 135         |
| 26              |          | 13          | 8       | 8        | 8:11     | 130         |
| 25              | 2.5      | 12          | 7       |          | 8:14     | 125         |
| 24              |          |             | 6       |          | 8:18     | 120         |
| 23              |          | 11          |         | 7        | 8:21     | 115         |
| 22              |          |             | 6       |          | 8:24     | 110         |
| 21              |          | 10          |         | 6        | 8:28     | 105         |
| 20              | 2        |             |         |          | 8:31     | 100         |
| 19              |          | 9           |         |          | 8:34     | 95          |
| 18              |          |             | 5       | 5        | 8:38     | 90          |
| 17              |          | 8           |         |          | 8:41     | 85          |
| 16              |          |             | 4       |          | 8:44     | 80          |
| 15              | 1.5      | 7           |         | 4        | 8:47     | 75          |
| 14              | 1        | 5           | 5       |          | 8:50     | 70          |



# POST-WAR STRENGTH FOR AMERICAN YOUTH

Official Navy Photographs



MEDART BUILDS AMERICANS



FRED MEDART MANUFACTURING CO.  
3533 DeKalb St., St. Louis 18, Mo.

Medart physical fitness equipment will help build the post-war strength of American Youth. Improved athletic apparatus of every kind . . . designed with Medart's consistent, high-quality standards, planned today for the needs of tomorrow. Ask Medart's consulting experts to study your requirements and make recommendations . . . to help you achieve correct, economical installations of gymnasium equipment. Meanwhile, purchase of the following types of equipment is now authorized by the War Production Board for schools and colleges:

- ★ Climbing Poles
- ★ Climbing Ropes
- ★ Parallel Bars
- ★ Horizontal Bars
- ★ Stall Bars
- ★ Flying and Traveling Rings
- ★ Horizontal Ladders
- ★ Basketball Goals
- ★ Volley Ball Standards
- ★ Vaulting Boxes
- ★ Indian Clubs and Dumbbells (wood)

- ★ Springboards
- ★ Beat Boards
- ★ Mats and Covers
- ★ Stall Bar Benches
- ★ Maple Wands

#### ILLUSTRATED MEDART EQUIPMENT BOOKLET

Free 20-page booklet, with action illustrations, describing in detail all types of Medart Physical Fitness apparatus, now available for your Victory Corps Program.



#### TRAINING SUGGESTIONS FOR INSTRUCTORS

Free booklet on "Physical Training," practical suggestions for the instructor by Charles E. Miller, B. Sc., A. M. Gym Coach, University of Nebraska. 72-page book explaining correct uses of gym equipment.

|             |
|-------------|
| Total Score |
| 500         |
| 495         |
| 490         |
| 485         |
| 480         |
| 475         |
| 470         |
| 465         |
| 460         |
| 455         |
| 450         |
| 445         |
| 440         |
| 435         |
| 430         |
| 425         |
| 420         |
| 415         |
| 410         |
| 405         |
| 400         |
| 395         |
| 390         |
| 385         |
| 380         |
| 375         |
| 370         |
| 365         |
| 360         |
| 355         |
| 350         |
| 345         |
| 340         |
| 335         |
| 330         |
| 325         |
| 320         |
| 315         |
| 310         |
| 305         |
| 300         |
| 295         |
| 290         |
| 285         |
| 280         |
| 275         |
| 270         |
| 265         |
| 260         |
| 255         |
| 250         |
| 245         |
| 240         |
| 235         |
| 230         |
| 225         |
| 220         |
| 215         |
| 210         |
| 205         |
| 200         |
| 195         |
| 190         |
| 185         |
| 180         |
| 175         |
| 170         |
| 165         |
| 160         |
| 155         |
| 150         |
| 145         |
| 140         |
| 135         |
| 130         |
| 125         |
| 120         |
| 115         |
| 110         |
| 105         |
| 100         |
| 95          |
| 90          |
| 85          |
| 80          |
| 75          |
| 70          |
| 65          |
| 60          |
| 55          |
| 50          |
| 45          |
| 40          |
| 35          |
| 30          |
| 25          |
| 20          |
| 15          |
| 10          |
| 5           |
| 0           |

## STANDARDS OF PERFORMANCE FOR 17-YEAR-OLDS

| Standard Scores | Pull Ups | Squat Jumps | Sit Ups | Push Ups | Mile Run | Total Score |
|-----------------|----------|-------------|---------|----------|----------|-------------|
| 100             | 18       | 94          | 114     | 47       | 4:30     | 500         |
| 99              |          | 93          | 113     |          | 4:31     | 495         |
| 98              |          | 92          | 111     | 46       | 4:32     | 490         |
| 97              | 17.5     | 91          | 110     |          | 4:33     | 485         |
| 96              |          | 90          | 108     | 45       | 4:34     | 480         |
| 95              | 17       | 89          | 107     |          | 4:35     | 475         |
| 94              |          | 88          | 106     | 44       | 4:36     | 470         |
| 93              | 16.5     | 87          | 104     |          | 4:37     | 465         |
| 92              |          | 86          | 103     | 43       | 4:38     | 460         |
| 91              |          | 84          | 101     | 42       | 4:39     | 455         |
| 90              | 16       | 83          | 100     |          | 4:40     | 450         |
| 89              |          | 82          | 98      | 41       | 4:42     | 445         |
| 88              | 15.5     | 81          | 97      |          | 4:45     | 440         |
| 87              |          | 80          | 96      | 40       | 4:48     | 435         |
| 86              |          | 79          | 94      |          | 4:51     | 430         |
| 85              | 15       | 78          | 93      | 39       | 4:54     | 425         |
| 84              |          | 77          | 91      |          | 4:57     | 420         |
| 83              | 14.5     | 76          | 90      | 38       | 5:00     | 415         |
| 82              |          | 74          | 88      |          | 5:03     | 410         |
| 81              | 14       | 73          | 87      | 37       | 5:06     | 405         |
| 80              |          | 72          | 86      |          | 5:09     | 400         |
| 79              |          | 71          | 84      | 36       | 5:13     | 395         |
| 78              | 13.5     | 70          | 83      |          | 5:16     | 390         |
| 77              |          | 69          | 81      | 35       | 5:19     | 385         |
| 76              | 13       | 68          | 80      |          | 5:22     | 380         |
| 75              |          | 67          | 78      | 34       | 5:25     | 375         |
| 74              |          | 66          | 77      |          | 5:28     | 370         |
| 73              | 12.5     | 64          | 76      | 33       | 5:31     | 365         |
| 72              |          | 63          | 74      |          | 5:35     | 360         |
| 71              | 12       | 62          | 73      | 32       | 5:38     | 355         |
| 70              |          | 61          | 71      |          | 5:41     | 350         |
| 69              | 11.5     | 60          | 70      | 31       | 5:44     | 345         |
| 68              |          | 59          | 68      |          | 5:47     | 340         |
| 67              |          | 58          | 67      | 30       | 5:50     | 335         |
| 66              | 11       | 57          | 66      |          | 5:53     | 330         |
| 65              |          | 56          | 64      | 29       | 5:56     | 325         |
| 64              | 10.5     | 54          | 63      |          | 5:59     | 320         |
| 63              |          | 53          | 61      | 28       | 6:03     | 315         |
| 62              |          | 52          | 60      |          | 6:06     | 310         |
| 61              | 10       | 51          | 58      | 27       | 6:09     | 305         |
| 60              |          | 50          | 57      |          | 6:12     | 300         |
| 59              | 9.5      | 49          | 50      | 26       | 6:15     | 295         |
| 58              |          | 48          | 54      |          | 6:18     | 290         |
| 57              | 9        | 47          | 53      | 25       | 6:21     | 285         |
| 56              |          | 46          | 51      |          | 6:24     | 280         |
| 55              |          | 45          | 50      | 24       | 6:27     | 275         |
| 54              | 8.5      | 43          | 48      |          | 6:31     | 270         |
| 53              |          | 42          | 47      | 23       | 6:34     | 265         |
| 52              | 8        | 41          | 46      |          | 6:37     | 260         |
| 51              |          | 40          | 44      | 22       | 6:40     | 255         |
| 50              |          | 39          | 43      |          | 6:43     | 250         |
| 49              | 7.5      | 38          | 41      | 21       | 6:46     | 245         |
| 48              |          | 37          | 40      |          | 6:50     | 240         |
| 47              | 7        | 35          | 38      | 20       | 6:53     | 235         |
| 46              |          | 34          | 37      | 19       | 6:56     | 230         |
| 45              | 6.5      | 33          | 36      |          | 6:59     | 225         |
| 44              |          | 32          | 34      | 18       | 7:02     | 220         |
| 43              |          | 31          | 33      |          | 7:05     | 215         |
| 42              | 6        | 30          | 31      | 17       | 7:08     | 210         |
| 41              |          | 29          | 29      |          | 7:11     | 205         |
| 40              | 5.5      | 28          | 28      | 16       | 7:14     | 200         |
| 39              |          | 27          | 27      |          | 7:17     | 195         |
| 38              |          | 25          | 26      | 15       | 7:21     | 190         |
| 37              | 5        | 24          | 24      |          | 7:24     | 185         |
| 36              |          | 23          | 23      | 14       | 7:27     | 180         |
| 35              | 4.5      | 22          | 21      |          | 7:30     | 175         |
| 34              |          | 21          | 20      | 13       | 7:33     | 170         |
| 33              | 4        | 20          | 18      |          | 7:36     | 165         |
| 32              |          | 19          | 17      | 12       | 7:39     | 160         |
| 31              |          | 18          | 16      |          | 7:42     | 155         |
| 30              | 3.5      | 17          | 14      | 11       | 7:46     | 150         |
| 29              |          | 16          | 13      |          | 7:49     | 145         |
| 28              | 3        | 15          | 11      | 10       | 7:52     | 140         |
| 27              |          | 14          | 10      |          | 7:55     | 135         |
| 26              |          | 13          | 9       | 9        | 7:58     | 130         |
| 25              | 2.5      |             | 8       |          | 8:01     | 125         |
| 24              |          | 12          | 7       | 8        | 8:04     | 120         |
| 23              |          | 11          |         |          | 8:07     | 115         |
| 22              |          | 11          |         |          | 8:10     | 110         |
| 21              |          |             | 6       | 7        | 8:14     | 105         |
| 20              | 2        | 10          |         |          | 8:17     | 100         |
| 19              |          |             |         |          | 8:20     | 95          |
| 18              |          | 9           | 5       | 6        | 8:23     | 90          |
| 17              |          |             |         |          | 8:26     | 85          |
| 16              |          | 8           |         |          | 8:29     | 80          |
| 15              | 1.5      |             | 4       | 5        | 8:32     | 75          |
| 14              |          | 7           |         |          | 8:35     | 70          |

## STANDARDS OF PERFORMANCE FOR 18-YEAR-OLDS

| Standard Scores | Pull Ups | Squat Jumps | Sit Ups | Push Ups | Mile Run | Total Score |
|-----------------|----------|-------------|---------|----------|----------|-------------|
| 100             | 18.5     | 85          | 115     | 45       | 4:30     | 500         |
| 99              |          | 84          | 114     |          | 4:31     | 495         |
| 98              | 18       | 83          | 112     | 44       | 4:32     | 490         |
| 97              |          | 82          | 111     |          | 4:33     | 485         |
| 96              |          | 81          | 110     | 43       | 4:34     | 480         |
| 95              | 17.5     | 80          | 108     |          | 4:35     | 475         |
| 94              |          | 79          | 107     | 42       | 4:36     | 470         |
| 93              | 17       | 78          | 105     |          | 4:37     | 465         |
| 92              |          | 77          | 104     | 41       | 4:38     | 460         |
| 91              | 16.5     | 76          | 102     |          | 4:39     | 455         |
| 90              |          | 75          | 101     | 40       | 4:40     | 450         |
| 89              |          | 74          | 99      |          | 4:41     | 445         |
| 88              | 16       | 73          | 98      | 39       | 4:42     | 440         |
| 87              |          | 73          | 96      |          | 4:46     | 435         |
| 86              | 15.5     | 72          | 95      | 38       | 4:49     | 430         |
| 85              |          | 71          | 93      |          | 4:52     | 425         |
| 84              | 15       | 70          | 92      |          | 4:55     | 420         |
| 83              |          | 69          | 90      | 37       | 4:58     | 415         |
| 82              |          | 68          | 89      |          | 5:02     | 410         |
| 81              | 14.5     | 67          | 87      | 36       | 5:05     | 405         |
| 80              |          | 66          | 86      |          | 5:08     | 400         |
| 79              | 14       | 65          | 84      | 35       | 5:11     | 395         |
| 78              |          | 64          | 83      |          | 5:14     | 390         |
| 77              | 13.5     | 63          | 81      | 34       | 5:17     | 385         |
| 76              |          | 62          | 80      |          | 5:21     | 380         |
| 75              |          | 61          | 78      | 33       | 5:24     | 375         |
| 74              | 13       | 60          | 77      |          | 5:27     | 370         |
| 73              |          | 59          | 75      | 32       | 5:30     | 365         |
| 72              | 12.5     | 58          | 74      |          | 5:33     | 360         |
| 71              |          | 57          | 72      | 31       | 5:37     | 355         |
| 70              | 12       | 57          | 71      |          | 5:40     | 350         |
| 69              |          | 56          | 69      | 30       | 5:43     | 345         |
| 68              |          | 55          | 68      |          | 5:46     | 340         |
| 67              | 11.5     | 54          | 66      | 29       | 5:49     | 335         |
| 66              |          | 53          | 65      |          | 5:52     | 330         |
| 65              | 11       | 52          | 63      | 28       | 5:56     | 325         |
| 64              |          | 51          | 62      |          | 5:59     | 320         |
| 63              | 10.5     | 50          | 61      | 27       | 6:02     | 315         |
| 62              |          | 49          | 59      |          | 6:05     | 310         |
| 61              |          | 48          | 58      | 26       | 6:08     | 305         |
| 60              | 10       | 47          | 56      |          | 6:12     | 300         |
| 59              |          | 46          | 55      | 25       | 6:15     | 295         |
| 58              | 9.5      | 45          | 53      |          | 6:18     | 290         |
| 57              |          | 44          | 52      |          | 6:21     | 285         |
| 56              | 9        | 43          | 50      | 24       | 6:24     | 280         |
| 55              |          | 42          | 49      |          | 6:27     | 275         |
| 54              |          | 41          | 47      | 23       | 6:31     | 270         |
| 53              | 8.5      | 40          | 46      |          | 6:34     | 265         |
| 52              |          | 39          | 44      | 22       | 6:37     | 260         |
| 51              | 8        |             | 43      |          | 6:40     | 255         |
| 50              |          | 38          | 41      | 21       | 6:43     | 250         |
| 49              | 7.5      | 37          | 40      |          | 6:47     | 245         |
| 48              |          | 36          | 38      | 20       | 6:50     | 240         |
| 47              |          | 35          | 37      |          | 6:53     | 235         |
| 46              | 7        | 34          | 35      | 19       | 6:56     | 230         |
| 45              |          | 33          | 34      |          | 6:59     | 225         |
| 44              | 6.5      | 32          | 32      | 18       | 7:02     | 220         |
| 43              |          | 31          | 31      |          | 7:06     | 215         |
| 42              | 6        | 30          | 29      | 17       | 7:09     | 210         |
| 41              |          | 29          | 28      |          | 7:12     | 205         |
| 40              |          | 28          | 26      | 16       | 7:15     | 200         |
| 39              | 5.5      | 27          | 25      |          | 7:18     | 195         |
| 38              |          | 26          | 23      | 15       | 7:21     | 190         |
| 37              | 5        | 25          | 22      |          | 7:25     | 185         |
| 36              |          | 24          | 20      | 14       | 7:28     | 180         |
| 35              | 4.5      | 23          | 19      |          | 7:31     | 175         |
| 34              |          | 22          | 17      | 13       | 7:34     | 170         |
| 33              |          | 21          | 16      |          | 7:37     | 165         |
| 32              | 4        |             | 14      |          | 7:41     | 160         |
| 31              |          | 20          | 13      | 12       | 7:44     | 155         |
| 30              | 3.5      | 19          | 12      |          | 7:47     | 150         |
| 29              |          | 18          | 11      | 11       | 7:50     | 145         |
| 28              | 3        | 17          | 10      |          | 7:53     | 140         |
| 27              |          | 16          | 9       | 10       | 7:56     | 135         |
| 26              |          | 15          | 8       |          | 8:00     | 130         |
| 25              | 2.5      | 14          | 7       | 9        | 8:03     | 125         |
| 24              |          | 13          | 6       |          | 8:06     | 120         |
| 23              |          | 12          |         |          | 8:09     | 115         |
| 22              |          | 11          |         |          | 8:12     | 110         |
| 21              |          |             |         |          | 8:15     | 105         |
| 20              | 2        | 10          | 5       |          | 8:19     | 100         |
| 19              |          |             |         |          | 8:22     | 95          |
| 18              |          | 9           | 6       | 6        | 8:25     | 90          |
| 17              |          |             |         |          | 8:28     | 85          |
| 16              |          | 8           | 4       |          | 8:31     | 80          |
| 15              | 1.5      | 4           |         | 5        | 8:35     | 75          |
| 14              |          | 7           |         | 7        | 8:38     | 70          |

Total Score  
500  
495  
490  
485  
480  
475  
470  
465  
460  
455  
450  
445  
440  
435  
430  
425  
420  
415  
410  
405  
400  
395  
390  
385  
380  
375  
370  
365  
360  
355  
350  
345  
340  
335  
330  
325  
320  
315  
310  
305  
300  
295  
290  
285  
280  
275  
270  
265  
260  
255  
250  
245  
240  
235  
230  
225  
220  
215  
210  
205  
200  
195  
190  
185  
180  
175  
170  
165  
160  
155  
150  
145  
140  
135  
130  
125  
120  
115  
110  
105  
100  
95  
90  
85  
80  
75  
70

# Why we cannot supply "Gym" Shoes for Fall...

In January, 1944, we were permitted to resume the production of canvas rubber soled shoes, provided this program did not interfere with the manufacture of special footwear for the Armed Forces and essential rubber footwear for civilians and for industrial use.

Under these conditions the number of pairs delivered by us to our retailers in the first six months of this year was limited—in fact, far less than the demand.

Today the situation is even more acute. Our production of canvas rubber soled "gym" shoes was discontinued at the end of June... and no further shipments were made to our dealers. And here's why.

- *There are greatly increased demands of the Armed Forces for both rubber and canvas footwear... plus a continued shortage of manpower.*
- *These circumstances require the concentration of all of our available facilities for the production of rubber footwear for the essential health protection of civilians, including war workers.*

So, if your students are unable to purchase "gym" shoes, don't blame them or the dealer. Just as soon as this situation changes, and we can reinstate canvas shoe production, our dealers will be notified.



## FREE

*Basketball Foul Shooting Chart for your Bulletin Board.* This chart has been especially prepared to encourage an organized foul shooting practice and competition among team members and gymnasium students. Send for as many copies as you need. Just fill in and mail coupon.

FOOTWEAR FACTORY—WATERTOWN, MASS.

Hood Rubber Company  
Watertown 72, Massachusetts

SC-1

Gentlemen:

Please send me without obligation..... copies of your Foul Shooting Chart.

Name.....

School.....

Address.....

City..... State.....





Drawn by Kate Tracy

Please send all contributions to this column to Scholastic Coach, Coaches' Corner Dept., 220 E. 42 St., New York 17, N. Y.

**The Siwash Terriers** blew into Paducah with both their catchers *hors de combat* and not a replacement to be had. So Manager Doakes inserted a full page ad in the local paper: "Catchers Wanted. Tryouts this morning at Paducah Oval."

Thirty men, in all stages of decrepitude, answered the ad. But none could make the grade. Just when Doakes was about to give up in despair, he felt a tap on his shoulder. He turned around and saw a horse. To his amazement, the horse spoke, "Mind giving me a tryout?" Without waiting for an answer, the horse started donning the paraphernalia.

Doakes was astounded. The horse scooped up everything, handled the pitchers superbly and threw cannonball strikes to the bases. "Can you hit?" asked Doakes. Without a word the horse stepped to the plate and boffed ten balls over the fence.

That afternoon, the horse took his place in the Terrier lineup. In the first inning, he tossed out two would-be stealers and caught a foul-tip third strike. The crowd gave him a tremendous ovation.

He came to bat in the second inning. Three men were on base. The count went to three and two and then he swung. The ball rode on a line to the centerfield fence. The runners galloped around the bases and scored standing up. But the horse didn't budge a pore.

Everyone in the stands started yelling, "Run! Run!" The coaches screamed, "Run!" Still he stood. Finally Manager Doakes charged out of the dugout, ran up to the plate and pleaded, "Please run, old boy, you have to run."

The horse turned his head, looked him in the eye and said, "If I could, do you think I'd be in baseball?"

## Coaches' Corner

**Buddy Young**, the Illinois comet, is the first illegal champion the A.A.U. has ever had. He won the 100-meters sprint title this summer after the oddest succession of mishaps in the honorable history of the national championships.

Two of the six finalists, Herb Douglas and Herb Thompson, were disqualified for two false starts. Then another pair, Ed Conwell and Young, were given the boot for similar crimes. That left only two men, Barney Ewell and Bill Mathis. They must have felt lonesome on the line, for they, too, broke too soon.

This stuck the officials on the horns of a dilemma. The only one left on the starting line was Jack Lavelle, the stylishly stout starter. The press box inhabitants were willing to give him the title by default. But the 300-pound pistol-packin' papa would have no part of it. So it was wisely decided to reinstate all six of the boys. After another false start, they got away—much to the relief of Lavelle, the crowd and the A.A.U.

becoming the first schoolboy sprinter ever to win this senior title. Schoolboys have won the 100, notably Charlie Drew, Frank Hussey and Frank Wykoff. But no schoolboy had ever won the longer sprint.

The way Charlie won his race was even more impressive than his time. A power runner, he is dreadfully slow getting off like a superannuated buffalo and finishes like a runaway train. In the nationals he spotted Conwell a good four yards in the first 75 yards and then took him going away. Parker is now headed for the University of Texas where Coach Clyde Littlefield claims he is the grandest sprint prospect since Man O' War.

**It's all in the quotes:** Elmer Verban, Cardinals' second baseman: "I've always tried to pattern myself after Frankie Frisch. He was the greatest second baseman for my money and if I can only be half as good I'll be happy."



Frankie Frisch: "I was the most dreadful fielder who ever came up. If I didn't have a strong chest, I wouldn't have lasted a week. Many's the time I almost was brained by a grounder. The only qualification I ever had was that I could run like a deer. But so could Jesse Owens and Charlie Paddock, and I never heard of them making the Giants."



**Chief attraction** at the nationals was Charlie Parker, the 17-year-old schoolboy flash from Jefferson High in San Antonio. He blew in from Texas with a victory skein of 49 races (not counting preliminaries and semi-finals) and marks of 9.5 for the 100 and 20.6 for the 220.

His senior debut was a bouncing success. He won the 200-meters championship in a fairly elegant 21.3. Thus

**When the boys who nudge golf balls** for a living gather at the 19th hole and begin discussing the importance one shot can make to a golf round, the talk always gets around to an incident involving the great Bobby Jones. In the 1925 open Bobby missed the green with his approach. He holed out calmly and turned to his friend and biographer, O. B. Keeler.

"What did you give me on that hole?" he asked.

"I gave you a 5," answered Keeler. "No," said Jones with a sad shake of his head. "I took a 6."

As Bobby addressed the ball, it rolled ever so slightly. No one saw it move but Jones. Still he called an extra stroke for it, ended in a tie with Willie Macfarlane and lost the playoff. A less scrupulous or a less honest individual might have ignored the incident. But the Georgian demonstrated that a man of character will always be true to himself.

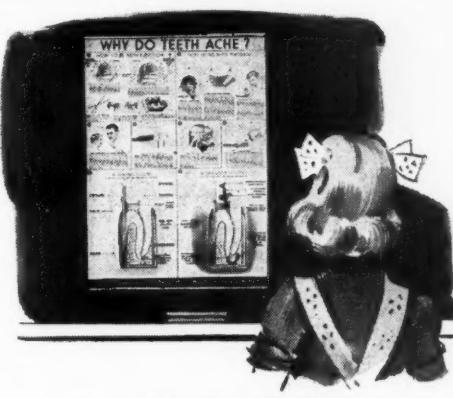
(Continued on page 45)

# Simplify your Health Programs with these Up-to-the-Minute Teaching Aids!



## 1. PHYSICAL FITNESS

(For Junior and Senior High School classes.)  
Includes "Exercise Is Vital" chart plus "Am I Physically Fit?", student check sheets.



## 2. DENTAL HEALTH

(For both Elementary and Secondary level.)  
5-Way Plan for Elementary classes and special wall chart for high school groups.



## 3. PERSONAL GROOMING

(For High School and College Hygiene classes.) Colored wall chart, dramatic stunt, student leaflets and grooming guides.

Bristol-Myers Co., Dept. SC-94,  
45 Rockefeller Plaza, New York 20, N.Y.

Please send me FREE teaching aids checked below.  
1. Physical Fitness  2. Dental Health  3. Personal Grooming

Name \_\_\_\_\_

Name of school or college \_\_\_\_\_ (where you teach)

School Street Address \_\_\_\_\_

State \_\_\_\_\_

City \_\_\_\_\_

Sr. High? \_\_\_\_\_

(Check): Elementary? \_\_\_\_\_ Jr. High? \_\_\_\_\_ Sr. High? \_\_\_\_\_  
College? \_\_\_\_\_ Teacher's Training? \_\_\_\_\_ Other? \_\_\_\_\_

Grade Taught \_\_\_\_\_ Number of classes I teach \_\_\_\_\_  
No. of students in one class: Girls \_\_\_\_\_ Boys \_\_\_\_\_



**Send for Free Material—  
Help promote today's much needed  
Health-on-the-Home-Front**

**N**O JOB TODAY is more important than that of teaching health. For the younger generation must be prepared, with sound bodies, to take up the nation's tasks.

You have a great part in this work. And we feel privileged to offer the free teaching material listed here. For we believe that it can help you in planning and carrying out more effective programs.

**Don't miss this Opportunity—Make every  
Program count for Health**

Designed to help teach sound health principles through visual aids—these attractive wall charts, student materials and teaching pamphlets are available now without cost. Simply fill in the coupon at the right and mail to us today. Let's go now and make the goal an effective program for every member of your group.

**"should be in the possession  
of all in the profession."**

PROGRESSIVE PHYSICAL EDUCATOR

LESLIE W. IRWIN'S  
**THE CURRICULUM  
IN HEALTH AND  
PHYSICAL  
EDUCATION**

An up-to-date text and reference book on the subject of curriculum construction, based on desirable and successful activities and practices. Designed for use by administrators, instructors, graduate and undergraduate students.

391 pages      \$3.50

THE C. V. MOSBY COMPANY  
ST. LOUIS, MISSOURI

**Outstanding books on  
physical fitness  
for boys—**

**Dr. C. Ward Crampton's  
FIGHTING FITNESS**

A guide to pre-military fitness training. Latest methods from military experience . . . . . \$2.00



**THE BOY'S  
BOOK OF STRENGTH**

Packed with pointers on health, physique, and athletics . . . . . \$2.00



**TRAINING FOR  
CHAMPIONSHIP ATHLETICS**

Scientific counsel on sports, training rules, special exercises, and practice schedules . . . . . \$2.50

Send for copies on approval

**McGRAW-HILL BOOK CO., Inc.**  
330 West 42nd St., New York 18, N. Y.

## New Books on the Sport Shelf

**THE T FORMATION.** By Frank Leahy. Pp. 24. Illustrated-photographs and diagrams. New York: U. S. Rubber Co. Free.

FOR a stronger brand of T, we heartily recommend Frank Leahy's new bulletin, *The T Formation*. It's a knockout. Chockful of beautiful single and progressive action pictures, it blueprints in detail the mechanics of the hottest formation today—the T. What's more, the fundamentals are presented exactly as they are taught at Notre Dame, which means you are getting the slickest in T styles.

The first few chapters are devoted to a history of the formation and its advantages. Then the play of the center, the quarterback and the three other backs is analyzed. Following this, Leahy delves into his bag of tricks. He diagrams his basic plays, shows you the basic pivots in progressive action pictures and then ties both up with pictures of the entire backfield in action!

It is a wonderfully effective teaching medium. All in all, he presents eight plays and pivots in complete detail. Also extremely helpful are chapters on strategy and ball-handling.

For a good idea of the pictorial matter, turn to Ed McKeever's article in this issue. The pictures and plays therein are borrowed from this booklet.

Copies of the booklet may be obtained for your squad free of charge by checking the master coupon under "U. S. Rubber" on page 56.

**National Federation Codes**

**1944 Football Rules (High School).** Edited by E. A. Thomas, H. L. Ray and H. V. Porter. Includes the Touch Rules and 6-Man Code. 25c.

**1944 Football Play Situations.** Official interpretations of high school code based on all the common game situations. 50c.

**1944-45 Basketball Rules (High School edition).** Also includes suggestions, statistics and aids. 25c.

**1944-45 Basketball Play Situations.** Edited by H. V. Porter. Official interpretations of rules based on common game situations. 50c.

**Game Administration Handbook in Basketball, Vol. I.** Edited by H. V. Porter. Deals with that part of administration of primary interest to coaches and officials. 25c.

**Game Administration Handbook in Basketball, Vol. II.** Edited by H. V. Porter. Deals with that part of administration of primary interest to captains and players. For use in organized sports administration courses, skull sessions for squad and basketball interpretation meetings. 25c.

These books may be secured from your state high school athletic associations, the National Federation, 7 South Dearborn St., Chicago, Ill., or from A. S. Barnes & Co., 67 West 44 St., New York 18, N. Y. Cash, check or money order must accompany order.

The following sports guides for girls may be obtained direct from A. S. Barnes & Co.

**1944-45 Official Basketball Guide for Girls.** Edited by Wilhelmine E. Meissner. Rules, technical and officiating articles. 35c.

**1944-45 Official Field Hockey and Lacrosse Guide for Girls.** Edited by Bessie H. Rudd and Grace E. Felker. Rules, technical and officiating articles. 35c.

**1944-46 Official Soccer, Speedball and Field Ball Guide.** Edited by Aileen Moody and Helen L. Yeakel. Rules, technical and officiating articles. 35c.

**FLOOR TREATMENT AND MAINTENANCE JOB SPECIFICATIONS.** Pp. 12. St. Joseph, Mo.: The Hillyard Co. Free.

**A TREMENDOUSLY helpful 11** by 9 in. booklet containing specific, detailed instructions on the care of your floors.

Treating specifications, coverage and daily maintenance are clearly and authoritatively given for gymnasium, terrazzo, cement, wood, tile, rubber, linoleum, asphalt and other types of floors.

This is just the book you and your maintenance man have been looking for. And it's yours free for the asking. Check the coupon under "Hillyard Co." on page 55.

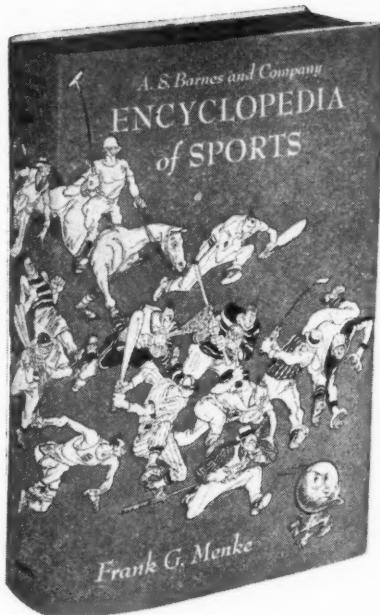
**HOW TO PLAY WINNING FOOTBALL.** By Fritz Crisler. Pp. 12. Illustrated—free-line drawings. Chicago: Quaker Oats. Free.

**H**ERE is an excellent booklet jammed full of helpful tips on football fundamentals. Just the type of booklet every boy on your squad should carry in his pocket.

There are tips on training, grass drills for conditioning, quarterback strategy, and analyses of the techniques of blocking, tackling, passing, kicking, centering the ball, backfield play and line play.

It is all meat and potatoes. The material is presented simply, tersely and clearly. Interesting free-line drawings based on action pictures add to the general attractiveness of the booklet.

Check the master coupon under "Quaker Oats" on page 56 for your free copies.



**The Sensational New Must for Every Sports Library**

## ENCYCLOPEDIA OF SPORTS

by Frank Menke

Here is the most amazing sports book of our time; a tremendous volume chock-full of fascinating facts and records—presented refreshingly and authoritatively by the master historian of the sports world.\* Believe-It-Or-Not Ripley claims it will answer 4,000,000 questions on sports records and history! Gives you the complete history of every sport from Angling to Yachting. Here, under one cover, you will find: every all-America football team since 1889, every individual baseball record since 1876, every boxing champion in history, etc., etc. A book that affords hours of enjoyable reading and saves countless days of research.

**628 pages**

**\$3.50**

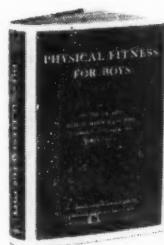
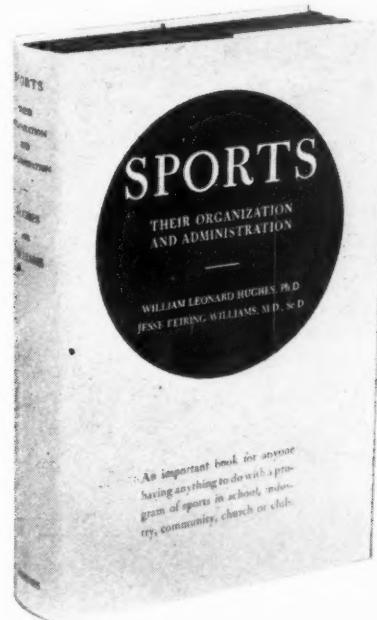
## SPORTS, Organization & Administration

by Hughes and Williams

A brilliantly informative new book by two of the nation's foremost physical educators. Furnishes\* a sound, authentic basis for the whole sports program and practical, concrete suggestions for organizing and conducting such a program. All with respect to different age levels and to the needs of both sexes. The book is unusually well-written, splendidly organized and, in a pedagogical sense, faultlessly projected. Its readers will gain a knowledge and understanding of the place of sports in American life and will discover how to conduct them so as to obtain the full measure of social values. Definitely belongs on your sportshelf.

**414 pages**

**\$4.**



### PHYSICAL FITNESS

#### FOR BOYS

by Miller, Bookwalter  
and Schlafer

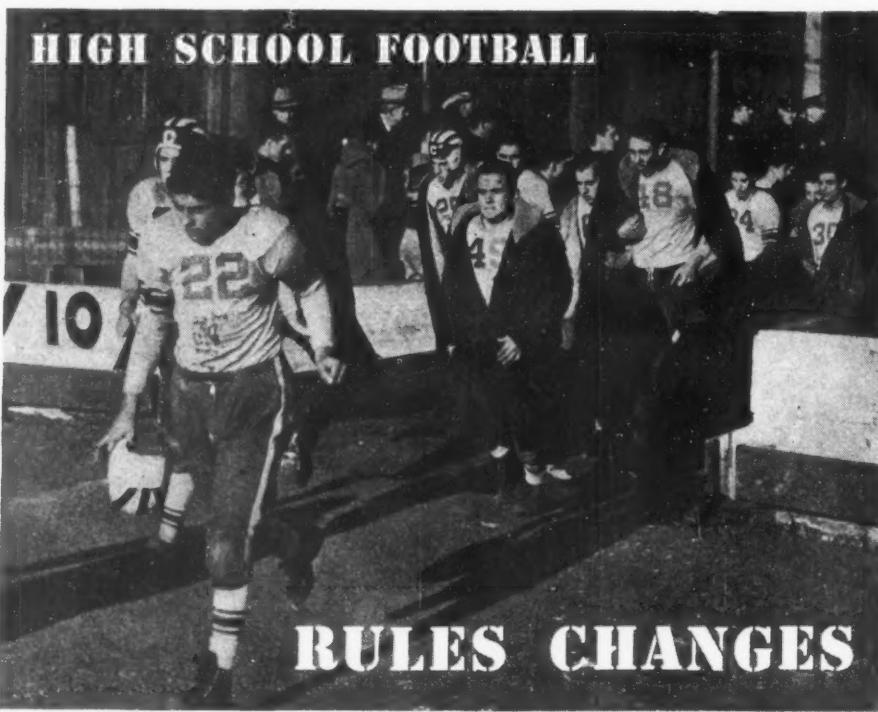
A comprehensive, practical, enormously useful text for your intensified physical fitness program. Contains 72 conditioning exercises, 50 dual contests, 48 simple stunts, 58 tumbling stunts, exercises for every piece of apparatus, obstacle course running, complete courses in wrestling, swimming and other activities; tests and measurements, training student leaders, planning the program, and other essential program materials.

**457 pages**      **\$3.**

## Barnes Sports Library

|   |       |        |  |       |        |
|---|-------|--------|--|-------|--------|
| <i>Football</i> by Glenn Killinger                            | ..... | \$1.25 | <i>Volleyball</i> by Bob Laveaga               | ..... | 1.25   |
| <i>Six-Man Football</i> by Ray Duncan                         | ..... | 1.25   | <i>Science of Coaching</i> by Clair Bee        | ..... | 1.25   |
| <i>Touch Football</i> by John Grombach                        | 1.25  |        | <i>Man-to-Man Defense and Attack</i><br>by Bee | ..... | 1.25   |
| <i>Field Hockey For Girls</i> by Jose-<br>phine Lees          | ..... | 1.25   | <i>Zone Defense and Attack</i> by Bee          | ..... | 1.25   |
| <i>Soccer and Speedball for Girls</i> by<br>Florence Hupprich | ..... | 1.25   | <i>Drills and Fundamentals</i> by Bee          | ..... | 1.25   |
| <i>Badminton</i> by Jackson and Swan                          | 1.25  |        | <i>Swimming</i> by Bob Kiphuth                 | ..... | 1.25   |
| <i>Football Rules Book (High School)</i>                      | .25   |        | <i>Official Football Guide (College)</i>       | ..... | .50    |
| <i>Basketball Rules Book (High School<br/>Edition)</i>        | ..... | .25    | <i>Football Play Situations (H.S.)</i>         | ..... | .50    |
| <i>Control of Football Injuries</i> by Stevens and Phelps     | ..... |        |  |       | \$3.00 |

**A. S. BARNES & CO.**  
**67 W. 44 St.**      **New York 18, N.Y.**



## RULES CHANGES

OVER the past 12 years, the high school football organization machinery has functioned efficiently and effectively. A progressive National Football Committee has produced an excellent code of rules under which inventive coaches and directors have been able to make the game increasingly attractive, of greater value to the school fitness program and better adapted to the high school boy.

The 1944 code mirrors the same progressive policies.

**Free-Kicks.** The new code provides a simple type of administration for the three free-kicks (kick-off, kick after safety and kick after fair catch). All rules which apply to one apply to the others.

In newspaper discussions, much has been made of the evil connected with purposely free-kicking out of bounds. In the Federation code the problem does not exist. Several years ago the rules gave the receivers the right to take the ball on their 40-yard line and made it illegal to bat a kick (even backwards).

Prior to 1944, there was one remaining illogical rule connected with the free-kick. If a free-kick was short, i.e., did not cross R's restraining line, the kick was made again without any distance penalty. This was an exception to the general rule that prescribed a five-yard penalty for illegally putting the ball into play in any other situation connected with the snap or free-kick.

**Encroachment.** Officials and coaches will receive assistance in determining what constitutes encroachment on the neutral zone. This aid stems from the redrafted Rule 8-1-3 and the related definition of "neutral zone" in 2-9-3. Under the new wording, if a

player charges into the neutral zone before the snap and if such charge results in: his touching an opponent; or the snapper, delaying the snap; or causing an opponent to charge—it is considered encroachment.

This is not an actual change in procedure. It merely harmonizes the rule with what has been considered good practice by the best officials. In this connection, a few questions always arise as to whether there can be a double offside and as to the difference between encroachment and offside.

### Double offside

The only time there can be a double offside is when two opponents simultaneously charge into the neutral zone and remain there until the snap is made. If two opponents are in the neutral zone too soon and one entered before the other, the first player to enter is charged with encroachment and the other player is not charged with a foul.

As far as the difference between encroachment and offside is concerned, it is primarily a question of the time the official decides the offender has committed a foul. If only one player is in the neutral zone too soon, it is customary to permit him an opportunity to return to legal position. If he has not done this by the time the ball is snapped, he is guilty of being offside (not of encroaching). Either act draws a penalty of five yards, but the encroachment foul causes the ball to remain dead while the offside foul permits the ball to go into play—the whistle is not blown until the down ends.

**When does a batted, fumbled or handed ball become a forward pass?**

The term "pass" was originally defined as a ball thrown by a player in possession so that it traveled a visible distance in the air. Since the original adoption of the term, certain borderline developments have made it necessary to apply the term to certain other situations.

In the case of a batted ball, it has been necessary to prescribe that, if a backward pass or fumble in flight is batted forward by the offensive team, the bat is considered a forward pass. The idea has been to prevent a team from gaining ground by deliberately batting a loose ball forward, out of bounds or into the hands of a teammate.

It has also been necessary to prescribe in situations where a ball is intentionally fumbled forward, that the so-called fumble is really a "throw" and hence is a forward pass, which is always illegal if made by a player who is beyond his scrimmage line. As far as handing the ball forward is concerned, it is considered a forward pass even though the ball does not travel through the air between players.

However, this does not apply when the ball is handed (not thrown) forward to an eligible A player who is on or behind the line or to an ineligible A player who has properly turned and is one yard behind the line when he touches the ball. This is to permit more ball-handling behind the line.

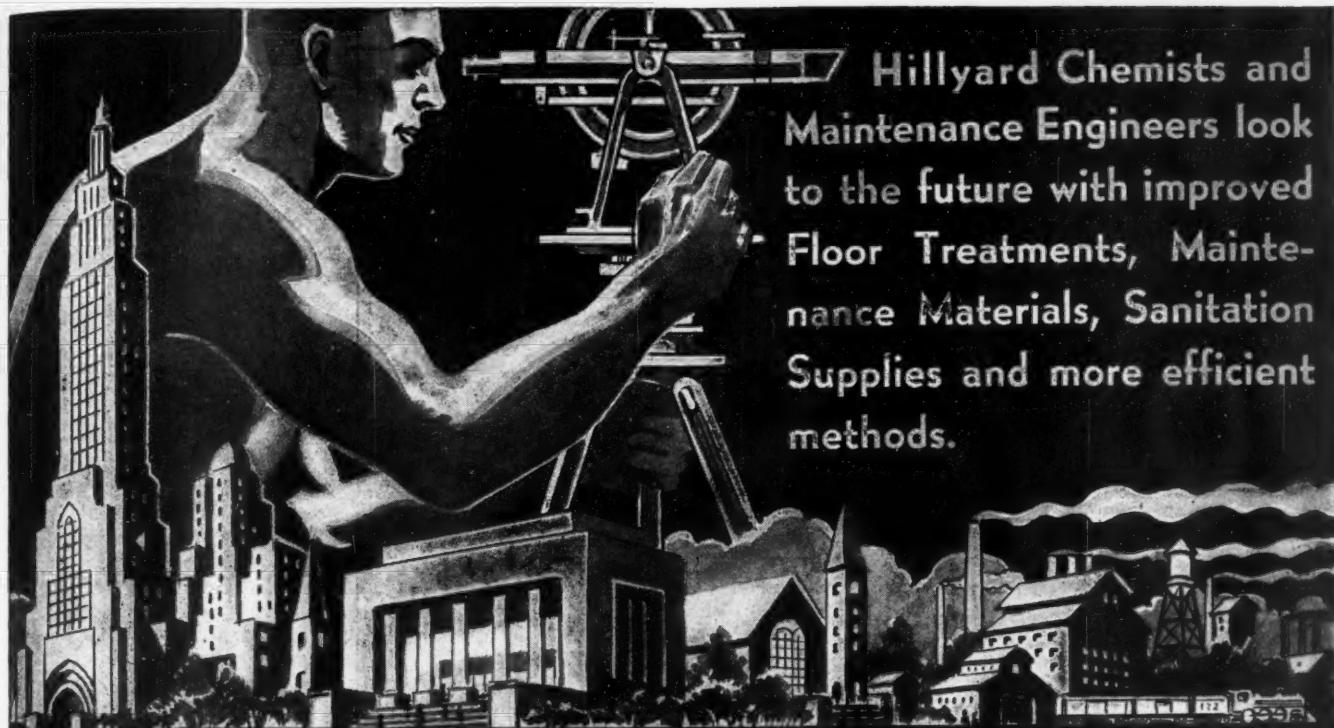
The exception does not apply to a ball which is handed forward by B or to a ball which is handed forward by A in such a way that the ball is beyond the line of scrimmage before it leaves the hand of the passer.

In actual practice, the 1944 rule in this respect is practically the same as in past years. A slight difference lies in the fact that an eligible player does not need to be one yard behind his line when he receives a handed pass. He may be on the line, provided the hands of the passer are removed before the ball has crossed the line. Theoretically, this gives the eligible player slightly more liberty than he enjoyed last year as far as receiving a handed pass is concerned.

### 64 dollar questions

1. May a field goal be scored by any legal drop-kick?
2. On 3rd down, K1 punts across line where R1 touches ball and it bounces behind line where K2 falls on it. Is next down 4th or 1st?
3. A1 throws legal forward pass from his end zone. B1 bats it back across the end line. Is this a safety? Is it a touchback? Who provides the impulse?
4. How many players may legally complete a forward pass by A1?
5. On last play of 1st quarter, K1 interferes with fair catch. May R have quarter extended? Under what

(Concluded on page 44)



Hillyard Chemists and Maintenance Engineers look to the future with improved Floor Treatments, Maintenance Materials, Sanitation Supplies and more efficient methods.

370 TURK ST.  
SAN FRANCISCO  
2, CALIFORNIA

THERE IS A HILLYARD ENGINEER IN YOUR LOCALITY,  
CALL OR WIRE US TODAY, HIS ADVICE FREELY GIVEN.

1947 BROADWAY  
NEW YORK 23,  
NEW YORK

**THE HILLYARD COMPANY**  
DISTRIBUTORS..HILLYARD CHEMICAL CO....ST. JOSEPH 1, MO... BRANCHES IN PRINCIPAL CITIES

## Reading your mind . . .



You are thinking now about school equipment AFTER THE WAR. We are, too. Universal Bleachers are planned to help management and school spirit. Universal Bleachers are economical because the investment is small per person seated, and because they are adaptable for different sports—softball, basketball, football, soccer, boxing and other sports. They can be moved about easily and stored away out of the weather during off seasons . . .

they are designed to give maximum comfort to spectators with minimum space loss and in minimum time. Made of high grade materials, Universal Bleachers insure safety and many years of continuous service.

We make all types of bleachers; you will soon be able to choose from among them, at this one source. By making nothing but bleachers, we concentrate all of our knowledge and all of our skill on them.



Full details by return mail: Just clip this advertisement and send to us with your name and address written into margin of page.

**UNIVERSAL BLEACHER COMPANY**  
606 SOUTH NEIL STREET, CHAMPAIGN, ILLINOIS



**D**eep-cut "Ballard" rifling was first introduced in 1875 by Marlin in a single shot rifle. The superiority of this new type rifling was so marked that Marlin's 1875 model soon became recognized as the world's outstanding target arm.

For many years, Marlin rifles have featured Ballard type rifling for accuracy and long life.

Before shipment, all Marlin rifles have been thoroughly tested and targeted.

Marlin recently introduced a new chemical treatment for barrel bores which resists rust and corrosion. This new improvement adds to the long life and trouble-free use of Marlin rifles.

These famous Marlin features are worth remembering after the war is won.

THE MARLIN FIREARMS CO. • New Haven, Conn.  
FOUNDED 1870

## ATHLETIC SPORTS INSURANCE

### For Boys and Girls—From Age 10

BENEFITS PAID FOR ACCIDENTAL DEATH — FRACTURES — DISLOCATIONS  
X-RAYS — DENTAL AND MISCELLANEOUS INJURIES.

Athletes covered while engaged in PRACTICE or PLAY of any interscholastic or intramural sport sponsored by the High School and under the supervision of Coach or duly delegated authority—also TRANSPORTATION to or from games away from home—and physical education under supervision of teacher or delegated authority.

|                                       |  |
|---------------------------------------|--|
| All Sports . . . . .                  | Premium for School Year<br><b>\$3.00 per insured</b> |
| Football only . . . . .               | <b>2.50 per insured</b>                              |
| All Sports, except Football . . . . . | <b>1.25 per insured</b>                              |

Complete information gladly furnished. No obligation.

**Illinois Mutual Casualty Company**  
Home Office, Peoria, Illinois

ACCIDENT • SICKNESS • HOSPITAL • ATHLETIC SPORTS  
INSURANCE EXCLUSIVELY

## Rules Changes

(Continued from page 42)

circumstances may play be resumed by a snap?

6. What is basic spot of enforcement for foul (a) During a run and there is no change of possession? (b) During loose ball from scrimmage? (c) During dead ball?

7. After a double foul is the down always replayed?

ANSWERS: (1) No. (2) 1st. (3) No. No. Al. (4) 11. (5) Yes. If quarter is not extended. (6) Where dead. Previous spot. Succeeding spot. (7) No.

### Six-man football

The wide use being made of six-man football in the service camps has directed increased attention to the game. The high schools of Baltimore, Md., are among those which have formed a six-man league. Last year seven league teams played a full schedule. Athletic Director Claxton O'Connor of Boys' Latin School declares that the game has proved popular and that it is being continued not because of the player shortage but because it permits a greater number of boys to play with more opportunity for fun and a smaller injury risk.

O'Connor bases his claim on his experience with the game in 1943 as compared with 11-man in 1942. The number of days lost because of injury was about one-tenth as great. However, O'Connor's experience may not be typical. In fact, some of the athletic benefit figures indicate that for certain seasons, the number of injuries in six-man was greater than for 11-man.

Nevertheless, Baltimore's success with the abbreviated game is worth considering. Small schools which cannot fully equip enough players for 11-man may find six-man well adapted to their needs. Since soft-soled shoes with canvas tops are used, footwear doesn't offer too much of a problem. The shoes which are made with synthetic rubber soles appear to be satisfactory.

The six-man rules are summarized in the supplement of the regular National Federation football rules book. But a separate detailed code of rules is also available. Six-man differs primarily from the parent game in that there must always be at least one pass or kick in each down and all six players of a team are eligible to handle the ball and receive a forward pass. Any pass which ends behind the scrimmage line is treated the same as a backward pass; the ball remains in play even though it may strike the ground.

As a result of these and similar rules, there is more running, passing and kicking and less line plunging than in 11-man. The game is an excellent conditioner for those who will be called for military service.

—H. V. PORTER

SEPTEMBER, 1944

45

S

(2)

resumed

enforce-

run and

on? (b)

Damage?

e down

. No. Al-

x tended.

ceeding

of six-

camps

tion to

Balti-

which

e. Last

a full

Claxton

ool de-

proved

tinued

mortage

or num-

re op-

der in-

his ex-

943 as

2. The

of in-

great

e may

of the

e that

of in-

an for

success

worth

which

layers

well

soft-

used,

ch of

made

ear to

arized

r Na-

book.

rules

s pri-

n that

at one

and all

eligible

a for-

ls be-

eated

e ball

may

similar

assing

ng

n ex-

will

ORTER

## Coaches' Corner

(Continued from page 38)

**Tom Audrain** of Sacramento, Calif., Senior High School would like to know if the 19-inning 3-to-2 victory scored by Sacramento over Woodland High constitutes a high school record. The remarkable thing about the game was that both pitchers went the route. Jack Hedegon of Woodland fanned 14 and gave up 10 hits, while Dave Smith of Sacramento struck out 27 and allowed just 5 blows—pitching scoreless, hitless ball over the last 13 innings!

The longest game in major league history was the 1-1 tie between Brooklyn and Boston on May 1, 1920. Leon Cadore, Brooklyn, and Joe Oeschger, Boston, hurled the entire game; Cadore yielding 15 hits and Oeschger giving up 10.

The longest game in the matter of time was a six-inning affair between the San Luista team of Eagle Pass, Tex., and the Piedras Legras Internationals on July 4, 1926. The game started at 10 A.M. and was called at the end of the sixth inning on account of darkness. It was then 7 P.M. The score: 129 to 119 in favor of San Luista.

There were more records established in that one game than in any contest on record. Among the "features" were: 97 bases on balls, 24 errors in one inning by one player; and 37 wild pitches.

If the theories of Dyke L. Quackenbush, assistant coach at Natick, Mass., Senior High, indicate a trend, many of our bushy-haired sonneteers will be able to get off relief this season. A new field will be open to their talents—football coaching! For Dyke is using poetry in his coaching! He is manufacturing a ten-verse defensive diagnostic ditty which will enable his linemen to diagnose any play anywhere on the field!

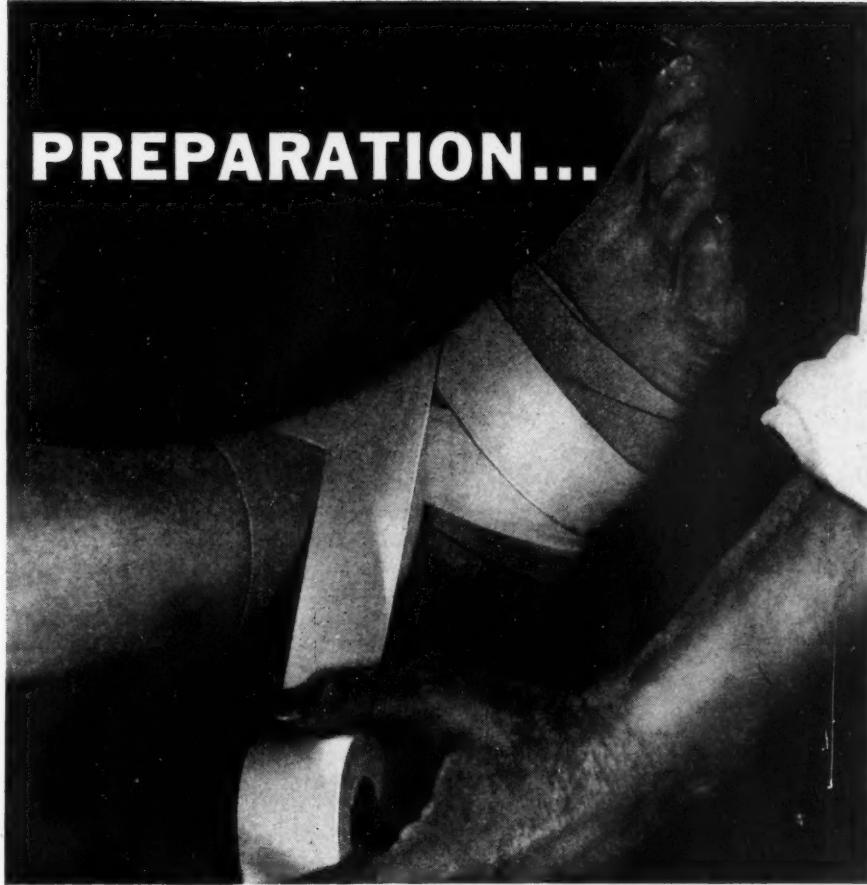
If Dyke's idea works, the professional rimester will have a future in football coaching. Head coaches deficient in iambic pentameter will have to get assistants. Can you see Frank Leahy turning to his trusted assistant, Ogden Nash, and saying, "What do we do next, Oggie?" And Oggie coming right back with:

"Our left tackle's charge is high and smelly."

Get him to aim at the defensive man's belly."

There are four free-style races in the women's national A.A.U. swim championships—and this year one gal copped 'em all! We refer to Ann Curtis' unprecedented sweep at Kansas City last month. The San Francisco swim flash is in the Eleanor Holm-Esther Williams tradition—she's a real looker. Tall (she's 5-10), blonde and 18, she's already had a movie offer from M.G.M.

## PREPARATION...



## ...for PHYSICAL FITNESS IN ATHLETICS

In Athletics, as in the Army, Navy or Marines — Physical Fitness is an absolute necessity. Today, more than ever before, athletic injuries must be held to a minimum.

Preparation is an essential for physical fitness. Preparation not only in the hardening and training of muscles, but in the protection of those muscles and joints from injury.

Foresight, not hindsight, will prevent many incapacitating injuries. Ace Elastic Bandages provide rugged support that delays fatigue, enhances natural skill and helps prevent injury.

### B-D ACE ANKLE ROLLER

Ace Ankle Rollers are three yards fully stretched, sufficient for wrapping ankle, wrist or elbow. This white, all-cotton elastic bandage provides firm pressure and support.  
PRICE ..... \$7.20 dozen list

Ace Bandages  
Sold through Sporting Goods  
Dealers and Drug Stores

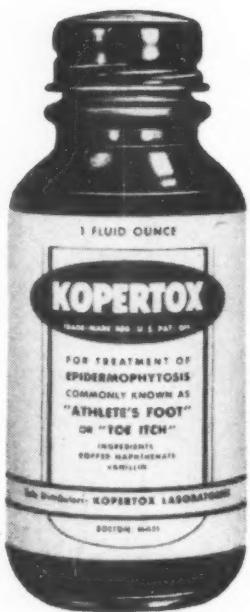


**BECKON, DICKINSON & COMPANY  
RUTHERFORD, N. J.**

# FREE!

Send the coupon for a trial supply of the newly-discovered fungicide . . .

## KOPERTOX



... and complete information on

## RELIEF from ATHLETE'S FOOT

KOPERTOX is the newly-discovered fungicide which destroys Athlete's Foot fungus—quickly stops itching. Tested in leading hospitals, KOPERTOX is preferred by many doctors for the treatment of Athlete's Foot.

Mail the coupon NOW.

**KOPERTOX LABORATORIES**  
3 Spring Lane, Boston 9, Mass.  
Please send me a FREE trial supply of KOPERTOX.

Name .....

Address .....

City ..... State .....

# COACHING IS A SCIENCE

by Cpl. John Kraft, Jr.

Cpl. John Kraft, Jr., former tennis instructor at the Memphis Country Club who is now an athletic instructor in the Army, forwards a treatise on coaching methods in the armed forces which he believes will be of benefit to the inexperienced high school and college coach.

**I**N THE course of its investigations into the constituents of coaching, the Army has found that success is predicated on enthusiasm, physical and nervous energy, mastery of subject matter, and—to a lesser degree—personal appearance.

Boys take their enthusiasm from the coach. If he teems with energy and enthusiasm, they will usually give him that in return. However, interest is no substitute for technical ability. The coach must be able to explain and demonstrate the mechanics of the game. The instructor who knows "his stuff" gains the respect and cooperation of his men; the incompetent loses it.

### Personal appearance

Personal appearance is related to the effectiveness of leadership. The coach should exemplify the things he is teaching. A lecture on physical fitness is always more effective when the boys can look at their lecturer and see a trim, well-built figure. Neatness in dress and a clean-shaven face also command respect.

The coach should commend good work as quickly as he censures bad. He must be able to distinguish between poor performance due to lack of ability and a bad job resulting from lack of effort. The first should be treated with patience and understanding; the second with firmness.

The importance of proper commands can hardly be over-estimated. Good orders invariably evoke good performance. They should be given distinctly, concisely, energetically and confidently.

Coaches should develop a voice with a good pitch and carry. This doesn't mean a refined roar. A clear low-pitched voice can be easily heard, requires little effort and commands attention. Each word should be articulated distinctly. The enunciation should be clear, have the proper intonation, possess the proper power and be convincing.

Long explanations should be avoided. The most essential features

should be explained first and details added later. Giving too many angles at one time is more apt to confuse than assist.

If a player requires special attention, it shouldn't be given at the expense of the rest of the team. The boy should be taken aside by an assistant or, if no assistants are available, by you after practice.

Athletics can and must be made interesting. The most effective way of doing this is to vary the program, planning each day well in advance. Too many programs are undertaken with no thought to what has been given or what is intended in the future. They must be planned to achieve a certain goal and each activity must be selected with this end in mind.

It is advisable to prepare a detailed outline of the day's routine. Even the most experienced men find it helpful each day to review the materials to be covered. Make a practice of carrying a reference card containing the day's routine. But never consult it when the team is in action.

A gradual approach to conditioning is vitally important. Where poorly conditioned players are violently exercised, the results are negative. They become so uncomfortably sore that they look forward to the next training period with apprehension. Frequently they develop a dislike toward the instructor and the sport, and lose all their early enthusiasm.

There are three different stages in the conditioning process. First is the toughening phase, which lasts from one to two weeks. During this time, the men go through a period of muscular stiffness and recovery from it. Hence, it is important that they be allowed to rest between exercises.

### Improvement phase

There follows a slow improvement phase that lasts from two to three weeks, depending upon the physical condition and age of the boys. This takes the training into the sustaining phase in which peak physical condition is usually reached in three weeks. The problem then resolves into maintaining the peak.

Efficiency testing is an integral part of any training program. By determining first the physical assets and liabilities of his men, the coach

SEPTEMBER, 1944

47

can intelligently and effectively outline methods to meet his needs.

Among the values of testing are:

1. It serves as a means of measuring progress and evaluating the efficiency of instruction.

2. It points out specific needs or deficiencies which require special instruction or corrective measures.

3. It motivates the players to improve their condition. Frequently they are unaware of it. When the tests reveal negative elements, they usually are shocked into doing something about it.

#### General criteria

Although each coach has his individual problems, the following general criteria in selecting test items are recommended:

1. They should measure the various factors in conditioning. Any exercise or examination that does not index strength, endurance, agility or coordination should not be selected.

2. They should require minimum equipment and minimum time to administer.

3. Elements which might be dangerous to unskilled or poorly conditioned men should be avoided.

4. They should not be dependent on previously acquired skills.

5. They should distinguish clearly between fit and unfit individuals.

6. They should not be so complicated as to demand a highly skilled technician for their administration. Example: tests for pulse rates and blood pressure.

7. To the extent possible, each test should measure only one element of physical condition. When a test determines a number of different aspects of fitness, it is impossible to determine how much of each element is present.

8. The tests selected should be such as can be scored with points. This more strongly motivates the men and, in addition, makes it possible to obtain a better index of an individual's total capabilities.

After a tremendous amount of testing experience, the Army selected seven best tests from an original group of twenty-five. They are:

1. Pullups—measuring arm and shoulder flexor strength.

2. Burpee, twenty seconds—measures agility.

3. Squat Jumps—measures leg strength and coordination.

4. Pushups—measures arm and shoulder extensor strength.

5. 100-Yard Pick-a-Back—measures muscular endurance.

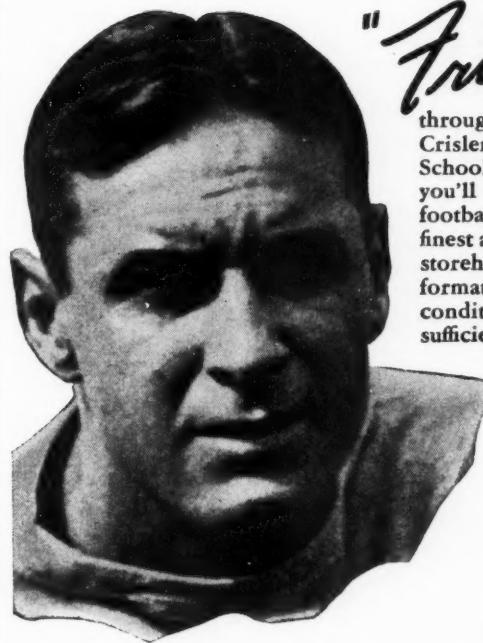
(Continued on page 54)

**FREE!**  
TO HIGH SCHOOL COACHES

# "How to Play Winning Football!"

BY  
*"Fritz" Crisler*

The Quaker Oats Company through the cooperation of Herbert O. "Fritz" Crisler is making this booklet available to High School Coaches. It is exactly the type of booklet you'll want to give to every member of your football squad. Written by one of the country's finest and best-beloved football coaches, it is a storehouse of easily accessible, practical information on the fundamentals of football and conditioning. We will be happy to send you sufficient copies to meet your requirements.



In line with the national need for general better conditioning of high school students, we have prepared a poster designed to go on the school bulletin board to help you bring the message of better conditioning to all students. It is called "Physical Fitness" and features basic health measures such as exercise and the vital importance of proper food on which authorities agree. We will be glad to send you one or more posters for your school.

Quaker Oats and Mother's Oats are the same



## CHAPTER HEADINGS

- GRASS DRILLS
- TACKLING
- BLOCKING
- PASSING
- PASS RECEIVING
- KICKING
- BACKFIELD PLAY
- LINE PLAY
- QUARTERBACK STRATEGY
- TRAINING



## THE QUAKER OATS COMPANY

Box 1083, Chicago, Illinois

FILL  
OUT  
AND  
MAIL

Please send me ..... copies of "How To Play Winning Football" by Fritz Crisler—also ..... Posters "Physical Fitness" for school bulletin board.

Name.....

School..... Enrollment.....

Street..... City..... State.....



## GYMNASIUM EQUIPMENT now available

**Y**ES, you can now order essential equipment for your school gymnasium, provided your physical education program meets the standards of the U. S. Office of Education.

True, most of our production goes today to the U. S. armed forces, to build the bodies of American fighting men.

But, realizing that physical fitness in manhood is achieved by physical education beginning in childhood, the War Production Board has allowed the sale of essential apparatus to schools.

Write us today and we shall send you without obligation a list of the equipment you can order now. No priority-rating is needed to buy.

### HURRY FOR FAN BANKS



A few official all-steel fan-shaped Porter banks are available for immediate delivery. SCHOOL PRICE, \$54.00 per pair. Goals extra at \$6.75 each.

Makers of the famous "Spalding," "Chicago" and "London" lines of gymnasium, playground and swimming pool equipment.

THE J.E.  
**PORTER**  
CORPORATION  
OTTAWA, ILLINOIS



# POSITION PLAY IN SOCCER

by Patrick Murphy

This is the first of two articles by Patrick Murphy, soccer coach at Gonzaga University.

**T**HANKS to the war, soccer is winning an army of new friends among the nation's conditioners. Directors of military physical training programs, faced with the necessity of conditioning men quickly and effectively, have seized upon the game as an ideal medium. They've discovered that soccer accomplishes wonders in the way of developing strength, agility and stamina—all with a modicum of expense, time and injury incidence.

Before delving into fundamentals, it may be well to give a brief overall picture of the game. Soccer is played with eleven men on a side—a goaltender, two fullbacks, three halfbacks and five forwards.

It is strictly a "zone" game, with each player having his own territory to cover and his own job in that territory. There is a definite place for individual initiative. But individualism is always subordinated to team play.

### Individual analyses

**Goalkeeper.** There has been a lamentable tendency to minimize the importance of the goalie. Nevertheless, he remains a key man. He represents a team's last chance to stop a goal.

He is the only player who is allowed to catch the ball with his hands and throw it while the ball is still in play. Therefore, he must be quick and certain with his hands. It is also important that he learn to quick kick far and accurately. A long boot will catch the offensive players flatfooted and give the goalie's forwards an open break for the goal.

It is a good idea to have a goalie of better-than-average height. The extra inches are of advantage in handling balls kicked close to the crossbar.

**Fullbacks.** Immediately in front of the goalie are the two fullbacks. They stand about the width of the goal apart and about 20 yards in front. Their job is strictly defensive in nature. They drive the ball from their defensive zone upfield to the waiting forwards.

The backs need not be particularly fast. But they should be

rugged and, above all, dependable, powerful, accurate and fearless kickers. It is their kicks that trap the enemy. By putting the ball over the heads of the oncoming opponents, far upfield, they give their waiting forwards a clear break with only the opposing fullbacks and goalie to beat.

Each back should, as much as possible, play his own side of the field. If one is drawn out of position, the other should cover up for him. In such cases, the former should immediately cover the side left open.

**Halfbacks.** In front of the fullbacks, midway between them and the forwards, are the three halfbacks. These men are the backbone of the team. They are the work-horses, acting as forwards and fullbacks without being either. They play with both, offensively and defensively, and with one as much as the other.

The halfbacks must be proficient in every department of the game. They must be able to kick quickly and accurately with either foot and from any position. They must be fast and strong, though not necessarily big. And they must be able to run almost continuously throughout the game. For they get little chance to take a breather.

When the forwards are carrying the ball downfield, the halfbacks should be following them, a reasonable distance behind (perhaps 15 or 20 yards), backing up the front line at all times.

When the opponents put the ball over the forwards' heads, the halves should be in position to stop the pass and lob the ball up to the forwards again.

### Pursue ball

If the defending players kick over the heads of the halves, the halves should immediately turn and pursue the ball in the direction of their own goal—catching the opponents, if possible, before the ball reaches defensive territory.

When the ball is carried into the goal zone, the halves retreat to that zone and play like fullbacks. But once the ball is cleared upfield, the halfbacks again follow the ball, always driving it up to their forwards.

The forwards should never have to turn and run back any appreci-

SEPTEMBER, 1944

49

able distance for a ball. The halves are responsible for these boots.

**Forwards.** Now comes the front line, the five forwards—a center forward, two inside forwards, right and left, and two outside forwards who patrol the outer wings on either side of the inside men.

Again it is well to stress the importance of playing position or territory. There should rarely be an occasion for the man on the right side of the center forward to play a ball on the left side of center. Each man should run on his own side of the field, with the men on the left side—especially the outside left winger—being proficient with the left foot.

Always remember: Each player has a position to play and a specific job to do. If one leaves his post to cover another's, he is doing so at the expense of his own job. Of course this does not mean that each man should run straight up and down the field. It does mean that each man should patrol his own area (within reason) and not others'.

There are occasions when players may crisscross while going down field or times when a halfback may have to cross the field to break up a play. This, however, is the exception rather than the rule.

#### Theory comes first

No game may be played practically without first being played theoretically. The theoretical and practical are never absolutely congruent. But the latter always follows the former.

Before defining the function of each individual forward, it is well to mention the purpose of the forward line as a unit. It is of the greatest importance to know that the front line is *strictly* offensive. The forwards should never turn and run any distance toward their own goal to pick up a ball. It is the halves' duty to pick up these balls and pass them upfield to the forwards.

If the forwards return for the ball, they will meet the halves and there will be no one upfield to receive the pass. If the forwards carry the ball into the enemy goal zone only to have an opposing fullback kick it back over their heads, it is not their function to turn and run downfield after the ball. They should hold their ground at least until the ball has gone past midfield.

The halfbacks who are backing up the forward line some 15 or 20 yards to the rear, will invariably retrieve the kicked ball and drive it into the goal zone again. It is then



## McArthur SCHOOL TOWELS

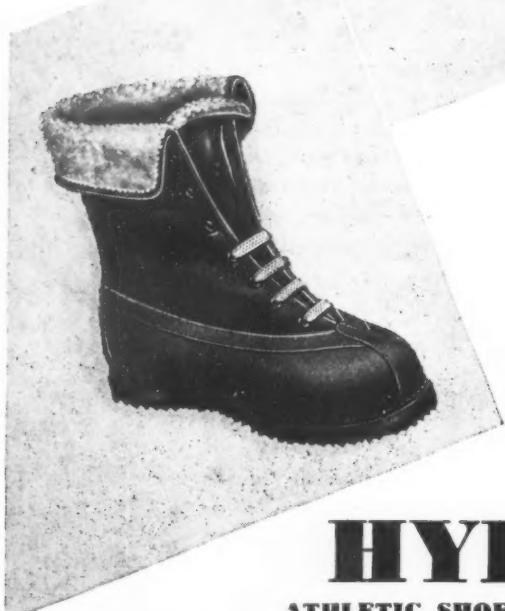
are giving record-breaking service in High Schools, Colleges, and Universities throughout the United States. Quite remarkable in view of the fact that the Government, months ago, curtailed any replenishment of the supply to schools.

Not unusual performance for McArthur Super Turk and Super Gym Towels however, because they are made to stand years of hard service. Soft to the skin and highly absorbent . . . these big rugged towels are loomed from the finest of yarns over exclusive McArthur features that make them last and last. Write today for the McArthur post-war school plan.

**Geo. McArthur & Sons**

BARABOO,  
WIS.

# "Ready" for Scholastic Sports



A beautiful all white strong duck Gym Shoe, fabric trimmed with non-slip composition sole. Will wear like leather and "play" like the pre-war sneaker. Men's in high-cut and women's in high-cut and low oxford styles.

The No. 1775 Basketball Shoe. Heavy black duck upper with reinforced leather guards; leather toe, eye row, top row and backstay. Black rubber bar design suction soles. No. 99 Heavy Khaki duck upper. No. 66 Heavy white duck uppers that can be colored to match team uniforms.

Hyde's New Winter Carnivals, a light "zero spectator" and walking boot to toast the feet of football fans without the bulk and weight of heavy overshoes. Water-proofed Dupont material, composition soles and fleece linings.

## HYDE

ATHLETIC SHOE COMPANY

*When Better Athletic Footwear is Made Hyde Will Make It.*  
Cambridge, Massachusetts

## PETERSEN GYM MATS

Used in Schools, Colleges, Army Bases and Naval Stations coast-to-coast. Full line wrestling, boxing, tumbling mats and foot-ball dummies. Send for catalog and prices.

PETCO



PETERSEN & CO.  
5561 BAYNTON STREET.  
PHILADELPHIA 44 PA.

GYMNASIUM and PLAYGROUND APPARATUS.

PORTABLE BLEACHERS and GYMSTANDS.

BRADLEY M. LAYBURN CO.  
461-8th Avenue, New York, N. Y.

### -TRAMPOLINING-

America's Newest Sport—New Workout Pleasure—Fascinating—Body Building—Develops Co-ordination and Control. Adopted By Educators. Write for free literature:

"TIPS ON TRAMPOLINING"

GRISWOLD & NISSEN

1807 2nd Ave. SE Cedar Rapids, Iowa

the duty of the forwards to try once again to put the ball through the goal.

There are times during a game when this play will repeat itself many times—the halfbacks continuously driving the ball back into the goal zone where the five forwards are waiting.

If, in this situation, the ball is driven over the heads of both the forwards and the halves, it will be picked up by the opposing forward line and carried downfield. The halfbacks must then immediately pursue the ball-carriers. At this point the forwards also return downfield toward their own goal, but not with a defensive purpose. They go back far enough to be in position to receive the ball when it is again kicked upfield.

The idea is always to be within reasonable kicking distance of the ball. If any one of the forwards might be permitted to lag a little behind the rest, to await a forward pass, it should be the center man.

### Function of forwards

In considering the function of each individual forward, I shall begin with the center forward—not because his position is of greater importance than the others, but merely because he is in the central position. In this capacity, the player may be allowed to rove slightly more than the other forwards. In fact, he must often do this in order to organize a forward rush.

However, he, too, should not abuse this liberty. I like my center forwards above average in height so that they may head balls without difficulty and thus start many plays. The extra height is also an advantage in the vicinity of the goal.

Since the center starts most of the plays, it is imperative that he learn the importance of passing to the outside wings. By doing this, he spreads the opponents' defense. And by having the outside man carry the ball down the wing, he forces a defender to leave the front of the goal. With the back out of position, the wingman then has the choice of lobbing the ball in front of the goal or slipping it back to a halfback who is following the play.

On plays of this nature, it is not uncommon for a half to carry the ball in close enough to score. It is rare that the center man carries the ball directly downfield in a solo rush. Rushes of this type should be made by the inside wingmen. They should carry the ball in such a way

(Concluded on page 56)

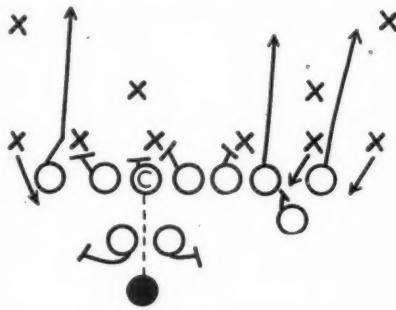
SEPTEMBER, 1944

51

3 and the right guard for interference.

The left end checks the defensive right tackle, the left guard head-and-shoulder blocks the weak-side backer-up, while the center and left tackle check the defensive right guard. The right guard leads the play. The right tackle checks the defensive left guard and goes through for the full. The right end holds up the defensive left tackle and drives for the defensive left half.

As a variation, the ball may be snapped direct to 1 who may hide the ball on his hip and carry outside end—with 3 taking the man. The linemen go down fast for secondary.



Diag. 8

**Diag. 8** illustrates a quick kick, which can be executed very easily from this formation. The ball is centered to 1. Nos. 2 and 3 spin and

## Triple Spinner

(Continued from page 20)

check the charging linemen. The ends and the right tackle go down. No. 1 uses a rocker step. He steps back with the left foot as the ball is passed, steps short with the right foot, long with the left and meets the ball on the instep for an end-over-end kick.

The weak-side pass in **Diag. 9** has proved very successful. The ball may be passed directly to 1 or 2, depending upon which is the better passer. After receiving the ball, the passer may throw quickly or fade and pick his receiver. The left end usually is the logical man to throw to.

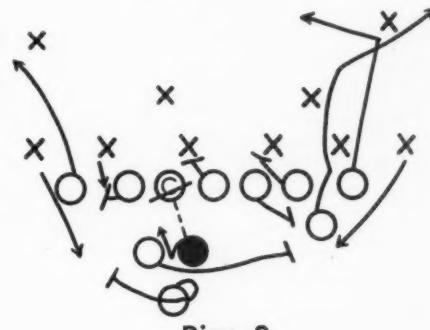
Good ends are of prime importance in the triple spinner. If they can take the tackle alone or at least tie him up, they leave the wingback free to help on the defensive full or end.

Both linemen and backs employ a head-and-shoulder block, staying on their feet as long as possible. When they slide off the shoulder block, they go into a long body block, placing the body between the opponent and the ball-carrier.

To simplify the offense, I have found it helpful to look upon the

five-man line as a seven with the ends dropped back. Against the seven, I keep the left guard in to help the center. Against the five, he goes through and takes the middle backer-up.

The linemen block solid against the five and at least one extra man is sent downfield either as a decoy or as an actual receiver. This role is usually played by the 1 back, who ordinarily serves as a blocker on pass plays. He becomes a receiver in the zone just outside his normal blocking area.



Diag. 9

When our mouse-traps are not working because the opponents are playing a waiting game or because they are using a shifting defense, we fall back on a series of plays with special line blocking assignments. The backs, however, play the same.

# THEY'VE GOT TO TAKE IT—

*EVERY MOTHER'S SON OF 'EM!*

This is no child's play — this toughening up course Uncle Sam is giving the boys. From grade school to pre-flight school everybody's got to "rough and tumble."

And you trainers are doing a land office business in bruises, sprains and wrenched muscles! Better make sure you have lots of ANTIHFLLOGISTINE handy. This ready-to-use medicated poultice is doing overtime on thousands of minor injuries. An ANTIHFLLOGISTINE pack gets "Moist Heat" right to the injured area without fuss or bother. Eases pain, reduces swelling, speeds recovery.

Let ANTIHFLLOGISTINE be your assistant. It helps when you need help most.



**ANTIPHLOGISTINE HELPS YOU "KEEP 'EM IN THE GAME"**



**Antiphlogistine**

Product of  
The Denver Chemical Mfg. Company  
New York 13, N.Y.

## Notre Dame T

(Continued from page 16)

been completed. The same principles apply in going after line backers or secondary.

**Guard.** The requisites of an ideal T guard are the same as in any other formation, namely, good size, speed, ruggedness, smartness and a love for body contact. Such boys are seldom found; nevertheless, that is the ideal we have in mind while trying to develop guards.

Correct stance is most important, and much time is spent on it. Remember, if the stance is uncomfortable, the guard's actions are retarded. He must move in all directions with speed and power; hence, the importance of balance and stability.

One foot should be slightly to the rear and little weight should be upon the hand. We pay great attention to the position of the head, which should always be well back.

**Center.** The T center is unique in that he handles the snap-back with one hand and keeps his head well up. This gives him the same advantage as other linemen in performing his blocks. He takes a perfectly balanced stance on his toes with one foot slightly back and legs and knees spread well apart.

The center of the football is laid directly in front of the eyes (when looking down). The right hand is placed on it, as in throwing a forward pass, and the left arm is bent at the elbow and placed on the thigh of the left leg for support.

### The snap back

The snap back is made with a fast, full-arm, swing-back motion, finishing with a slight wrist action. The ball is delivered into the quarterback's hands which are resting in the crotch.

The snap and the subsequent block should be synchronized and practiced day in and day out. To perfect the timing and handling of the ball, the center should work with the quarterback. The T center should be regarded as a full-time blocker.

**In general.** When cross-blocking is called for, the halfback should head-and-shoulder fake by taking a short driving step and, at the same time, turning his head towards the defensive end. The half then hits back between his own tackle and guard. Fake laterals and hand-off passes should always be carried through.

Roll Back the Cost  
of Upkeep on Gym Mats  
with LONGER LASTING

# Ozite

GYM MAT FELT



Your gym mats will stay softer, springier, years longer if they're filled with Genuine OZITE Gymnasium Mat Felt . . . and they'll be safer, too, because this better filler is felted without needles by the OZITE Platen Process.

ALL HAIR OZITE is heavier and denser than ordinary fillers, outlasts several covers. Its laminated construction keeps the mat flat and assures more uniform resilience.

WRITE FOR THE NAMES OF CONCERN WHO CAN SUPPLY YOU!



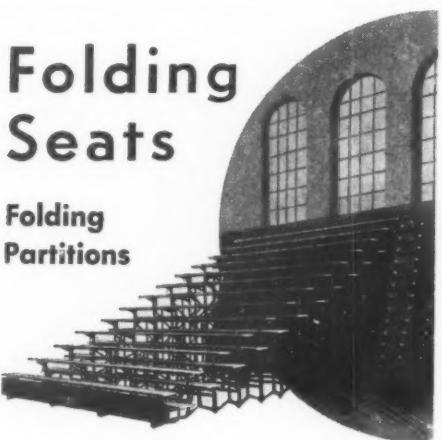
IT'S  
ALL HAIR  
Outlasts several  
covers

AMERICAN HAIR & FELT  
COMPANY

MERCHANDISE MART . . . CHICAGO 54, ILL.

## Folding Seats

Folding  
Partitions



For Flexible Gym  
Layout

These important Horn units, the result of engineering "know how" are built to fit your gymnasium plans. Thirty years of manufacturing and installation experience.



Get copy  
"Postwar  
Planning  
for Schools"

DEPT. 59

HORN MANUFACTURING CO.  
FORT DODGE, IOWA



### COMBAT ATHLETE'S FOOT • THIS WAY •

Athlete's Foot is always a threat in showers, locker rooms and swimming pools. A dependable aid in combatting Athlete's Foot is ALTA-CO POWDER.

Dolge Alta-Co Powder, dissolved one pound to a gallon of water, kills all the different species of fungi commonly found in Athlete's Foot, as well as their hardy spores in less than one minute. Yet it does not irritate the skin.

You can depend upon the stability of the solution. Strength can be quickly checked at a glance with the low-priced Dolge Tester . . . no technical training is required. A simple chart will tell how much Powder should be added to compensate for drip-in from showers, if any.

Order Alta-Co Powder from your Dolge Service Man and give your boys full protection against Athlete's Foot. Descriptive 36-page booklet on Athlete's Foot Control available on request.

The C. B. DOLGE co.  
WESTPORT CONNECTICUT



ALTA-CO POWDER

In blocking it is imperative for linemen to keep their feet well under them so that they will clear the hole and safeguard against the danger of the back stumbling over their feet.

In downfield blocking, the men leading the play should concentrate on their assignments and try to block high to keep the opponents off-balance. They should not look back to see if the ball-carrier is following them.

In head faking, a lineman should move his head sideways—never up and down.

#### T benefits

If you have the right men in the right positions, you may expect the following benefits from your T:

1. A 100 percent blocking center. Since he merely hands the ball to the quarterback, he doesn't have to worry about passing the ball.

2. Every time the center hands the ball back, you have three distinct possibilities—a buck, a wide run or a pass.

3. From one basic formation, the T may branch into several different starting formations by using a man in motion, a slight spread or both. Each formation is simple and can easily be determined by the quarterback in the huddle.

4. Power is not all important. Smartness, good faking and timing off-set brute strength.

5. The man in motion forces the defense to spread. At least one opponent must move out to cover him. Thus, one potential tackler is moved away from the ball-carrier. This is much easier than blocking him.

6. The quarterback seldom carries the ball and never blocks. So he can remain clear-headed at all times.

7. Everybody enjoys fooling their opponents and, in the T, that's what everyone is trying to do all the time.

8. By using the man-in-motion principle with precise timing, you can get an unbalanced backfield or a flanker without the second pause required by all other shifts.

9. From the balanced formation, there is a constant threat of a quick opening play at any point in line.

10. Opponents are handcuffed until they are sure who has ball.

For additional coaching aids on the Notre Dame T formation, *Scholastic Coach* recommends the new U. S. Rubber bulletin, *The T Formation*, by Frank Leahy. Free copies for your squad may be obtained by checking the master coupon on page 56.

# Effective, Convenient, Economical



**T**HE effectiveness of

Mercurochrome has been demon-

strated by more than twenty years  
of extensive clinical use. For pro-

fessional convenience Mercuro-

chrome is supplied in four forms

—Aqueous Solution in Applicator

Bottles for the treatment of minor  
wounds, Surgical Solution for pre-

operative skin disinfection, Tablets  
and Powder from which solutions

of any desired concentration may  
readily be prepared.

## Mercurochrome

(H W & D brand of merbromin, dibromoxymercurifluorescein-sodium)

is economical because stock solu-

tions may be dispensed quickly and

at low cost. Stock solutions keep

indefinitely.

Mercurochrome is antiseptic and  
relatively non-irritating and non-

toxic in wounds.

Complete literature will be fur-

nished on request.



This seal denotes acceptance of Mercurochrome by the Council on  
Pharmacy and Chemistry of the American Medical Association.

**HYNSON, WESTCOTT & DUNNING, INC.**



*Baltimore, Maryland*

### SCHOLASTIC INTRAMURAL RIFLE TOURNAMENT

220 East 42 Street, New York 17, N. Y.

Please enroll my school and send the awards, drawchart and tournament  
instructions. We will have a boys' tournament \_\_\_\_\_; girls' tourna-  
ment \_\_\_\_\_ starting date \_\_\_\_\_

My name \_\_\_\_\_ Faculty position \_\_\_\_\_

I am a qualified N.R.A. instructor \_\_\_\_\_ (check). I wish to become a  
qualified instructor. Please send me the training course outline and study  
manual \_\_\_\_\_ (check). I would appreciate help from the National Rifle  
Association in finding a properly qualified instructor in my community \_\_\_\_\_  
(check).

Send information on how rifles may be obtained \_\_\_\_\_

Name of School \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Enrollment of School: Boys \_\_\_\_\_ Girls \_\_\_\_\_

## MARBA SYSTEM

WILL HELP YOU

### PRESERVE ATHLETIC EQUIPMENT

HERE'S OUR 4 STAR OFFER:

- ★ Quality Reconditioning
- ★ Full Insurance Coverage
- ★ Free Storage (IF DESIRED)
- ★ Pay Next Season

## MARBA SYSTEM

ATHLETIC EQUIPMENT  
RECONDITIONERS

425-31 NIAGARA ST., BUFFALO, N. Y.

Write for FREE LITERATURE

## FOOTBALL BOOKS

*Modern T* by Shaughnessy-Jones-Halas, \$3.  
*Practical Football* by Crisler-Wieman, \$3.  
*How to Play Football* by Waldorf, \$.79.  
*Kicking American Football* by Mills, \$2.  
*Functional Football* by DaGrosa, \$3.25.  
*Football* by Killinger, \$1.25.

Send cash, check or money order

SCHOLASTIC COACH BOOKSHOP  
220 E. 42 St. New York 17, N. Y.

SAVE MONEY ON  
**MEDALS-CUPS-TROPHIES**  
BADGES AND SPORT EMBLEMS  
Write for new colored catalog No. C30  
EAGLE METALART CO.  
298 BROADWAY NEW YORK, N. Y.

### JUST YELLS

Latest revised edition. The standard guide for Cheerleaders and Athletic Directors. Contains: Science of Cheerleading; Psychology of "Pep Sessions"; Instructions to Rooters; Yells of the Colleges; Song Snatches with yell effects; Illustrations; etc., etc. The Only Book of its kind. Paper \$1.00 Cloth \$1.50

THE WILLIS N. BUGBEE COMPANY  
SYRACUSE 2, N. Y.

### GYM MATS—ALL TYPES

Guaranteed to give good wear  
Also flags, tents and canvas covers  
of all kinds  
Write for Prices  
A. MAMAUX & SON  
120 Blvd. of Allies Pittsburgh, Pa.

## Art of Coaching

(Continued from page 47)

6. Situps—measures abdominal strength.

7. 300-Yard Run—measures cardio-respiratory endurance.

There are times when the coach will be called upon to conduct individual and team competitions. Three types of tournaments are at his disposal—the round-robin, challenge and elimination types.

In the round-robin every team or player must play every other competitor in the tournament. To determine the total number of matches in a single round, multiply the number of teams entered by one less than this number and divide by two.

The challenge tournament affords competition with men of near equal ability, and is a method of sustaining interest in an activity over an extended period. The players are rated by a committee or drawn by lot and then placed in position according to draw.

The two common methods of arrangements are the ladder and the triangle. Names are inscribed on cards that can either be placed in a slot or hung on a hook. In a ladder tournament a player may challenge anyone two rungs above him. If successful he exchanges places with the man he defeats. In a triangle tournament a player may challenge anyone in the row above him. If successful he exchanges places with the man he defeats.

### Elimination tournament

In the elimination tournament, any team losing a game or match is automatically dropped from the tournament. The number of byes are determined by subtracting the total number of entrants from the next higher power of two.

For example, if you have eleven entries, you subtract eleven from the next higher power of two which is sixteen. This leaves five byes, two of which should be placed in the upper half of the bracket and three in the lower. The total number eleven minus the five byes, leaves six players in the first round.

After these men have played, three of them will be advanced to the second round in line with five byes. We now have three plus five or eight players in the second round and as eight is an even power of two, only two men can now meet in the final round.

"Seeding" of entrants prevents



## "All The World's a Stage"

—Shakespeare

MR. EDUCATOR—The curtain is up on the greatest semester of this or any other school year. June 6 rang up the curtain on the greatest drama of all time. But — this was just the FIRST ACT!

Who are tomorrow's actors? What are their parts in this world-wide drama? Only tomorrow can tell—and only by following the developments as they arise in the tragedy of war, the hopes of the reconstruction era, in science, in politics, in geography — as they happen — can your students hope to understand the intricacies of the play on the great stage before them!

The three graded editions of SCHOLASTIC MAGAZINES can bring you all the material you need for your classroom program!

★ If you teach grades 6, 7 and 8 JUNIOR SCHOLASTIC supplies news reviews, science reports, maps, geographical units on countries in the news, selected short stories.

★ If you teach grades 9-10 WORLD WEEK is the all Social Studies magazine for more advanced classes in civics, world history and current affairs.

★ If you teach grades 10, 11 and 12 SENIOR SCHOLASTIC comes in three editions. The English Edition—a reading program of selections of contemporary writers. The Social Studies Edition—study units on domestic and foreign affairs. The Combined Edition—which features all the material used in the other two, and can be used in both classes.

### Test SCHOLASTIC MAGAZINES at our expense!

We will gladly send you a trial bundle of magazines if you will fill in and mail the coupon below.

I have \_\_\_\_\_ pupils in my class. Please send me a trial bundle of sample copies of:

- JUNIOR SCHOLASTIC—35¢ per pupil per term.  
 WORLD WEEK—40¢ per pupil per term.

#### SENIOR SCHOLASTIC

- Combined Edition—65¢ per pupil per term.  
 English Class Edition—50¢ per pupil per term.  
 Social Studies Edition—50¢ per pupil per term.

SC-9-44

NAME \_\_\_\_\_

SCHOOL \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ P. O. ZONE No. \_\_\_\_\_

STATE \_\_\_\_\_

**SCHOLASTIC  
MAGAZINES**  
220 East 42nd St., New York 17, New York

the two best players or teams from meeting in the first round. The seeded teams should be placed as far apart as possible in each bracket. This plan minimizes the chance of an anti-climax in the final round of play.

Percentages are determined by dividing the victories by the total number of games played. They are always made in terms of a thousand percent. Example: 20 games played, 15 wins, 5 defeats—15 divided by 20 equals .750.

#### **Helpful hints**

Several other helpful hints in coaching follow:

1. Get the game underway quickly by selecting and teaching only the minimum essentials.

2. Emphasize only the difficulties.

3. Demonstrate whenever possible.

4. Stand in a position where you can be seen and heard by everyone.

5. Get your men in the position you want them in before demonstrating plays.

6. Anticipate difficulties; it will reduce the number of questions.

7. Minor corrections of faults may be made while the game is in progress.

8. If an event is going badly, stop it; iron out the difficulties, then resume.

9. Have all equipment ready and available.

10. Train your boys to "stop, look and listen" instantly upon hearing the whistle.

11. Always insist upon fair play; enforce the rules impartially.

12. Kill all horseplay at its inception.

13. Develop a plan for each afternoon's training; and then work your plan.

14. Keep your head. Avoid "bawling out" boys in front of their teammates. You may lose both their friendship and respect.

15. Always be on time for practice. Abide by the same rules you lay down for the boys.

16. Take an interest in your players' problems. You are in an ideal position to hand them good advice.

17. Don't baby a star. Treat every player alike, insofar as your general training rules are concerned. Certain players may require individual handling.

18. Play to win, of course, but don't moan over defeats.

Your problem, like the Army's, is to develop your men to the best of their abilities. Treat them with intelligence, interest and diligence and they will repay you to the best of their ability.

## **ATHLETIC SUPPORTERS**

**Athletic Supporters** are essential to the physical well-being of all athletes. It is a vital part of their equipment and, consequently, should be chosen with utmost care. Attention should be given to fit, wearability and comfort, for no athlete can give his best with a poor fitting supporter.

Undoubtedly you will be offered many types of supporters made of various types of synthetic rubber. We urge you to be careful. All synthetic rubber is not suitable for the manufacture of athletic supporters. Neoprene so far has been proven to be the best; and that is what is being used in *Olympic Champion* and *Olympic Champion Apex* athletic supporters.

Speak to your distributor about your athletic-supporter needs for the coming season. Insist that he supply you with *Olympic Champion* or *Olympic Champion Apex* brand, and you may rest assured you will have the finest supporter available.

## **THE O-C MANUFACTURING COMPANY**

**LITTLE FALLS, N. J.**

## **MASTER COUPON**

After carefully checking items desired, mail this coupon directly to Scholastic Coach advertising department, 220 East 42nd Street, New York 17, N. Y.

|   |   |  |
|---|---|--|
| AMERICAN HAIR & FELT (52)                                     | EAGLE METALART (54)   | ILLINOIS CASUALTY (44)   |
| <input type="checkbox"/> Names of Concerns Who Can Supply You | <input type="checkbox"/> Catalog on Sport Emblems, Medals, Cups, Trophies, Badges | <input type="checkbox"/> Information on Athletic Sports Insurance                        |
| A. S. BARNES (41)   | GRISWOLD & NISSEN (50)  | JOHNSON & JOHNSON (31)   |
| <input type="checkbox"/> Sports Booklist                      | <input type="checkbox"/> Booklet, "Tips on Trampolining"                          | <input type="checkbox"/> Information on Athletic Supporters                              |
| BECTON DICKINSON (45)   | HAND KNIT HOSIERY (24)  | KAHNFAST ATHLETIC FABRICS (8)  |
| <input type="checkbox"/> Ace Manual on Athletic Injuries      | <input type="checkbox"/> Information on Athletic Socks, Award Sweaters            | See ad for Nearest Uniform Maker   |
| BRISTOL-MYERS (39)<br>Free Teaching Aids                      | HILLYARD SALES (43)   | KOPERTOX LABS. (46)  |
| <input type="checkbox"/> Physical Fitness                     | <input type="checkbox"/> Catalog on Floor Treatment and Maintenance               | <input type="checkbox"/> Free Supply of Koptox, for Athlete's Foot                       |
| <input type="checkbox"/> Dental Health                        | HOOD RUBBER (37)  | BRADLEY M. LAYBURN (50)  |
| <input type="checkbox"/> Personal Grooming                    | <input type="checkbox"/> Basketball Foul Shooting Chart. — How Many?              | <input type="checkbox"/> Information on Gym and Playground Apparatus, Portable Bleachers |
| BROOKS SHOE (2)   | HORN MFG. (52)  | LINEN THREAD<br>(Inside Front Cover)   |
| <input type="checkbox"/> Information                          | <input type="checkbox"/> Booklet, "Postwar Planning for Schools"                  | <input type="checkbox"/> Catalog on Sports Nets  |
| CHAMPION KNITWEAR (56)  | HYDE ATHLETIC SHOE (50)   | A. MAMAUX & SON (54)   |
| <input type="checkbox"/> Catalog                              | <input type="checkbox"/> Information  | <input type="checkbox"/> Information on Gym Mats   |
| CONVERSE RUBBER (21)  | HYNTHON, WESTCOTT & DUNNING (53)  | MARBA SYSTEM (54)  |
| <input type="checkbox"/> 1943-44 Basketball Year Book         | <input type="checkbox"/> Literature on Mercurochrome                              | <input type="checkbox"/> Information on Athletic Equipment Reconditioning                |
| <input type="checkbox"/> Converse-Dunkel Basketball Forecast  |   | MARLIN FIREARMS (44)   |
| DENVER CHEMICAL (51)  |   | <input type="checkbox"/> Information on Rifles   |
| <input type="checkbox"/> Handbook, "Athletic Injuries"        |   |  |

(Numbers in parentheses denote page on which advertisement may be found)

**SEE PAGE 56 FOR OTHER LISTINGS AND FORM FOR SIGNATURE**



## Champacraft Processed T Shirts

for

- PHYSICAL EDUC.
- GYM
- TRACK
- CLUBS
- AWARDS

### Order Now for Prompt Delivery

**for Physical Ed Classes** **for Football & General**  
**SWEAT SHIRTS, PANTS COTTON JERSEYS, T SHIRTS**  
**T SHIRTS and SHORTS SUPPORTERS, FOOT. JERSEYS**

**SPECIAL LOT—Limited quantity of INEXPENSIVE FOOTBALL PRACTICE JERSEYS—peeler white, ribbed cotton, medium weight, long sleeves and body. Excellent for FOOTBALL PRACTICE.**

Style #PRO—all sizes 36 to 46—plain ..... \$9.00 per doz.  
 Printing name or numerals on front ..... 1.20 per doz.  
 Printing name or numerals on back ..... 1.20 per doz.

**CHAMPION KNITWEAR CO.,** ROCHESTER 4  
 NEW YORK

### SCHOLASTIC COACH MASTER COUPON

(See page 55 for other listings)  
 (Numbers in parentheses denote page on which advertisement may be found)

|  |  |  |
|--|--|--|
| McARTHUR & SONS (49)   | O-C MFG. CO (55)   | REMINGTON ARMS (23)  |
| <input type="checkbox"/> Post-War School Towel Plan  | <input type="checkbox"/> Information on Apex Athletic Supporter  | <input type="checkbox"/> Instructor's Manual on Operation of Rifle Club                |
| McGRAW HILL (40)   | OREGON WORSTED (2)   | SEAMLESS RUBBER (6)  |
| <input type="checkbox"/> Sports Booklist   | <input type="checkbox"/> Information on Flying Fleece Yarn Shuttlecock   | <input type="checkbox"/> Information on SR Athletic Tape, Kontleek Bladders, Handballs |
| MacGREGOR-GOLDSMITH (28)   | PENNA. SALT (17)   | SPALDING & BROS. (1, 25)   |
| <input type="checkbox"/> Sports Catalog  | <input type="checkbox"/> Free sample, "Tilit"  | <input type="checkbox"/> Catalog   |
| FRED MEDART (35)   | PETERSEN & CO (50)   | <input type="checkbox"/> Sports Show Book  |
| <input type="checkbox"/> Book, "Physical Training, Practical Suggestions for the Instructor" | <input type="checkbox"/> Catalog on Gym Mats, Wrestling Mats, Boxing Rings, Mat Covers and Prone Shooting Mats | UNIVERSAL BLEACHERS (43)   |
| <input type="checkbox"/> Booklet, "Physical Fitness Apparatus"                               | J. E. PORTER (48)  | <input type="checkbox"/> Information   |
| C. V. MOSBY (40)   | <input type="checkbox"/> Catalog on Gym Equip.   | U. S. RUBBER (27)  |
| <input type="checkbox"/> Sports Booklist   | QUAKER OATS (47)   | <input type="checkbox"/> "The T Formation" by Frank Leahy                              |
| O. F. MOSSBERG (Inside Back Cover)   | <input type="checkbox"/> "How to Play Winning Football" by Fritz Crisler                                       | VOIT RUBBER (33)   |
| <input type="checkbox"/> Booklet, "The Guidebook to Rifle Marksmanship"                      | <input type="checkbox"/> Poster on Physical Fitness How Many?  | <input type="checkbox"/> Catalog on Rubber Covered Athletic Balls and Equipment        |
| NATIONAL SPORTS (4)  | RAWLINGS (3)   | <input type="checkbox"/> Illustrated Price List  |
| <input type="checkbox"/> Catalogs: Bases, Mats, Rings, Training Bags, Wall Pads, Pad Covers  | <input type="checkbox"/> Football Catalog  | WILSON (19)  |
|  |  | <input type="checkbox"/> Your copy of "The Human Machine at War"                       |
|  |  | <input type="checkbox"/> Catalog   |

NAME \_\_\_\_\_ POSITION \_\_\_\_\_  
*(Principal, coach, athletic director, physical director)*

SCHOOL \_\_\_\_\_ ENROLLMENT \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_  
*No coupon honored unless position is stated* September, 1944

### Position Play

(Continued from page 50)

that, upon nearing the goal, they can angle off toward the outside wingman on his own side of the field. This draws the defense away from the front of the goal, leaving an opening for a clear shot by the forwards coming in on the other side.

For the sake of brevity and because the function of the forwards has already been covered in part, there shall be little more said regarding the duties of the inside wings. It is essential that they play their respective sides of the field and that they be reasonably fast and tricky.

The duties of the outside forwards are of great importance. It is difficult to impress wingmen with the need for staying out near the boundary lines at all times. The only time they should cut in is near the opponents' goal. And even this is not necessary and sometimes very unwise. It is essential for a wing to be exceptionally fast so that he may carry the ball and outrun his forwards down the sidelines. This position is no place for a man who can't run.

**Corner Kicks.** When a ball is knocked into the end zone by a defender, the other team is allowed a free kick from the corner. Since the outside wings generally make these kicks, they should practice them to attain great accuracy.

A kick of this sort should be aimed slightly more than head high and should drop in the vicinity of the goal mouth. Accuracy in this department accounts for plenty of goals. It is here, also, that a tall center has an advantage, being able to take these high passes and head them into the goal.

**Mr. Murphy will conclude his series next month with a number of basic drills.**

### \$38,000,000 Equipment Bill!

If you're wondering what's been come of all the sports equipment you used to buy, you'll be interested in the latest statistics compiled by the O.W.I.

The armed forces are now purchasing fully 90% of all sports equipment produced in the U. S. Every year, for example, they buy enough baseball equipment to outfit 50,000 regular teams and twice as many softball outfits.

Sports and recreational equipment range from bats, footballs and boxing gloves to cribbage boards, dominoes and jigsaw puzzles.

The whole program is costing about \$38,000,000 annually.



## "MY RIFLE"

### *The Creed of a United States Marine*

By Major General William H. Rupertus, U.S.M.C.

THIS is my rifle. There are many like it, but this one is mine. ~ My rifle is my best friend. It is my life. I must master it as I must master my life. ~ My rifle, without me is useless. Without my rifle, I am useless. I must fire my rifle true. I must shoot straighter than my enemy who is trying to kill me. I must shoot him before he shoots me. I will . . . ~ My rifle and myself know that what counts in this war is not the rounds we fire, the noise of our burst, nor the smoke we make. We know that it is the hits that count. We will hit . . . ~ My rifle is human, even as I, because it is my life. Thus, I will learn it as a brother. I will learn its weaknesses, its strength, its parts, its accessories, its sights, and its barrel. I will ever guard it against the ravages of weather and damage as I will ever guard my legs, my arms, my eyes, and my heart against damage. I will keep my rifle clean and ready, even as I am clean and ready. We will become part of each other. We will . . . ~ Before God I swear this creed. My rifle and myself are the defenders of my country. We are the masters of our enemy. We are the saviors of my life. ~ So be it, until victory is America's and there is no enemy, but Peace!



Today 100% in war work. In normal times, manufacturers of .22 cal. RIFLES, SHOTGUNS, TELESCOPE SIGHTS, TARGO GUNS & EQUIPMENT



## **IVORY SYSTEM COMES THROUGH AGAIN DESPITE ALL OBSTACLES**

**W**E had a job to do — a promise to be kept — and came through on both scores! At the start of the war we told old **IVORY SYSTEM** customers that we would see them through for the war's duration, and it looks right now as though we had done so. Before another football season rolls around, we believe that our boys will be home.

